



# Mental Health Skills for Managers

To create mentally healthy workplaces, it's vital to build supportive relationships between managers and team members.

Delivered by workplace mental health experts, this four-hour training promotes a healthy performance culture, giving you the skills and confidence to have conversations about mental health and encourage people to seek support.

On this course, you will learn how to spot the signs of poor mental health in your team, signpost to appropriate tools and resources, and become a self-care role model.

By supporting the mental health of your team, you will:

- Encourage your people to thrive
- Increase talent retention
- Reduce the impact of presenteeism and long-term sickness absence

### Why choose MHFA England® training?



Evidence-based courses developed with input from clinical experts and those with lived experience of poor mental health



Training grounded in research and rigorously tested



Research shows our courses make a lasting difference to mental health knowledge and confidence



MHFA England Instructor Members attend a training programme accredited by Royal Society of Public Health (RSPH), ensuring a quality assured and consistent training experience

### Find out more

If you want to learn to put wellbeing at the heart of your leadership approach, boost employee engagement, and create an open culture around mental health and wellbeing, get in touch to find out more.

**To learn more or book onto an upcoming Mental Health Skills for Managers course, please contact:**

