

# Mental Health in the Workplace:

## Skills for Line Managers



### Managing Mental Health in the Workplace is a crucial skill for line managers

Early recognition and knowing what practical steps to take can mean that employees get help when they need it and minimise any effect on productivity of an organisation.

Line managers play an important role in supporting employees to do their job effectively.

This FREE interactive one day training is aimed at Line Managers from any sector and will increase their skills and confidence in managing mental health in the workplace effectively.

- Promote a holistic approach to mental well being in the workplace
- Recognise mental health conditions in the workplace at an early stage
- Develop practical strategies to help staff who experience mental health problems to retain their employment

**Date, course 1: 13 July 2011**  
**Venue: Brockwood training centre**

**Date, course 2: 14 Sept. 2011**  
**Venue: Crookesmoor training centre**

**Time: 9.15- 4.30**

Please forward these application forms to:

[Natalie.keogh@nhs.net](mailto:Natalie.keogh@nhs.net)

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## Skills for Line Managers

Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Organisation: \_\_\_\_\_

Email: \_\_\_\_\_

Address and post code: \_\_\_\_\_

Phone: \_\_\_\_\_

Please specify which date you would like to attend: \_\_\_\_\_

Please specify any learning requirements: \_\_\_\_\_

Do you give permission for your  
contact details to be shared  
with the delegates at the event?: \_\_\_\_\_

(Please note that lunch is not provided.)  
\_\_\_\_\_

“An excellent well planned course delivered in a relaxed way with a good mix of activities”

“Very good - liked the practical examples of working through case scenarios”