

Implementing a Workplace Mental Health Policy

Course Description

When people have good mental health, they are more likely to fulfil their potential. That means they enjoy work and cope easily with work situations. They have a happy family life and good social relationships.

Organisations are required by law to promote and protect the mental well-being of their workforce.

A comprehensive Mental Health Policy, along with easy-to-understand operating procedures, will incorporate mental health issues into established organisational thinking. It will make sure everyone knows how the organisation views and deals with workplace mental health.

This course covers the steps that organisations should consider when developing and implementing a comprehensive workplace Mental Health Policy.

Learning Objectives

By the end of this course, you will be able to:

- Understand what a Mental Health Policy in the Workplace is.
- Explain what the policy should include and who in the workplace should be included in its creation and implementation.
- Define how the policy will be implemented and how employees will understand the policy and how it applies to them.
- Recognise that the policy will need constant review to ensure that it will be effective for all employees.

Target Audience

This course is aimed at employers and employees responsible for developing and following a workplace mental health policy.

Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life

Further Progression

Other courses that could be useful for those working in office environments include Display Screen Equipment, Workplace Health and Safety and Basic Fire Safety.

Modules

| Course | Module Number | Module Name | Pass % Required |
|---|---------------|---|-----------------|
| Implementing a Workplace Mental Health Policy | 1 | Implementing a Workplace Mental Health Policy | 70 |

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

Duration: 10 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)