

## FREE Online Session: Managers & Mental Health – How managers can play a pivotal role in the workplace

This FREE Training event hosted by Wellbeing Manager & MHFA England Accredited Mental Health Trainer, Kerry B Mitchell, will share the importance of Mental Health Awareness for Managers.

Surprisingly, only a small percentage of managers in workplaces are trained in mental health awareness. During this session, we'll be exploring why mental health training for managers is crucial for early intervention. Joined by Rosie Leach, HR Partner from Briggs Equipment, who will share the impact Mental Health Training has had on their business and bottom line.



**Theme:** Managers & Mental Health

**Date:** 28/02/2022

**Time:** 10am – 11:00am

**Venue:** Virtual Course

### This session will cover:

- ✓ Exploring interesting stats and facts surrounding productivity, absenteeism and presenteeism.
- ✓ An insight into the role of being a Mental Health First Aider in the Workplace.
- ✓ 5 key benefits for managers who train in Mental Health First Aid.
- ✓ Why training in Mental Health First Aid can offer mentorship in your organisation.
- ✓ How you can create a 'buddy system' in your organisation.
- ✓ Further training opportunities to better equip you or your team to understand, identify or support those with mental health conditions.

To book your place, email:  
[wellbeing@paycare.org](mailto:wellbeing@paycare.org)

