

St John Ambulance - Mental Health Advocate



Course Aim

This course is designed to help delegates develop the knowledge and confidence to become visible advocates for positive mental health within the workplace.

The course aims to help delegates:

- Recognise the common signs and symptoms of poor mental health
- Encourage supportive conversations and promote early intervention where appropriate
- Help reduce stigma around mental health in the workplace
- Support the development of a positive, inclusive, and supportive workplace culture
- Understand the role of a Mental Health Advocate, including when and how to signpost colleagues to appropriate professional support.



Who Should Attend?

- Managers, team leaders and HR professionals
- Employees who want to become more involved in promoting workplace wellbeing
- Existing Mental Health First Aiders who want to build on their knowledge
- Anyone interested in becoming a visible advocate for positive mental health

No previous mental health training is required.



Agenda

- Understanding mental health and wellbeing in the workplace
- Recognising common signs and indicators of poor mental health
- The role and responsibilities of a Mental Health Advocate.
- Having supportive and empathetic conversations.
- Active listening and effective communication techniques.
- Signposting individuals to appropriate support services and resources.
- Promoting a positive workplace culture and helping to reduce stigma around mental health.



Certification

Delegates who successfully complete the course will receive a St John Ambulance Certificate of attendance, which is valid for three years.



Course Duration

This is a 1 day course

Safety / Value / Availability / Support



hsstraining.com



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