

# WORLD CONGRESS ON MENTAL HEALTH

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## Leaders- How is stress impacting your workplace?

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In the UK, 55% of sickness absence days are related to mental illness, around 15 million lost working days each year. Let's stop this idea that mental health is a thing you don't talk about at work EVER, EVER, EVER.

Workplace Mental Health Training is designed to help both managers and employees increase their knowledge and confidence to lead meaningful mental health conversations in the workplace.

This workshop is an introduction to understanding mental illnesses; conditions and symptoms. Explores the history and stigma of mental illness to challenge assumptions and teaches some practical tools to support you to manage a range of complex or challenging mental health issues with more confidence.

### Learning Objectives:

- To explore the culture of mental illness to mental health approaches
- To start a change conversation about mental health and understand if people are ready to change or not
- To manage disclosure of a mental health issue with confidence

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