

# MENTALLY HEALTHY WORKPLACE TRAINING FOR MANAGERS AND SUPERVISORS

This course is designed to encourage good practice in promoting positive mental health and wellbeing, thereby contributing to a more open culture that puts mental health on the agenda.

## Aims and Objectives:

- Identify the key factors that contribute to a mentally healthy workplace
- Give employers and line managers a broad understanding of mental health in the workplace
- Ensure managers are aware of their responsibilities in relation to mental health and wellbeing
- Improve managers' skills and confidence in dealing with mental health in the workplace

## WHEN AND WHERE:

Thursday 21<sup>st</sup> May 2026

10.00am - 3.00pm

Delivered via Microsoft Teams

## BOOK YOUR SPACE:

[REGISTER HERE](#)

