



Managing mental health in the workplace

Contemporary training and support packages
for a sustainable and resilient workforce

Sereniti

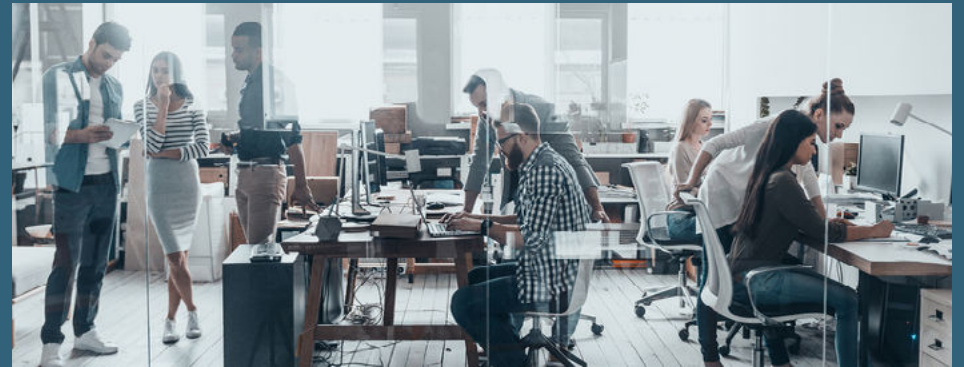
Managing mental health in the workplace

Managing Mental Health in the Workplace is a tailored learning and support programme from Sereniti which is focused on sustaining good mental health and psychological resilience levels throughout your organisation.

It is becoming increasingly apparent from news media that attitudes towards mental wellbeing in both contemporary society and in the workplace are changing, and rapidly.

The modern employer and employee now recognise the significance of creating workplace environments which are optimum for the development and sustainability of positive mental wellbeing.

In short, whatever role or level we function at, we want and need to feel appropriately supported to thrive in our role.



Statistics demonstrate* the importance of organisations providing support for mental wellbeing and the positive impact this can have on sustaining a high-functioning and motivated workforce. Furthermore, that taking the time to support employees with the challenges of everyday modern living has a positive impact on levels of performance and commitment throughout the employee lifecycle.

A significant proportion of the UK workforce will encounter a mental health challenge at some point during their working life. At Sereniti we can help support and train your management team and employees to navigate these challenges as robustly as possible.

Sereniti Consultants offer a range of wellbeing services, mental health learning programmes, professional support and self-help tools to ensure your organisation meets best practice standards for psychological wellbeing in the workplace.

We tailor our support package for each company or team, but examples of what your programme might include are listed overleaf.



Our Consultants can visit you to understand what you would like to achieve for your organisation and we can quickly generate ideas and a proposal of our fees for your review. Initial site visits are free of charge.

* <https://www.mentalhealth.org.uk/statistics/mental-health-statistics-mental-health-work>

Support for the organisation

- Assessing your organisations current levels of mental health and wellbeing
- Best practice standards for positive mental health in the workplace
- Developing a wellbeing strategy and action plan
- Recruiting and/or training a mental health champion
- Professional supervision for the mental health champion
- Review of policies with mental health in mind
- Developing an organisational culture with mental health in mind
- Directory of mental health support organisations



Support for line managers and mental health champions

- Mental health awareness in the workplace
- Equality act – making reasonable adjustment for people with mental health issues
- Assessing and dealing with risk. How to reduce the risk
- Managing sickness absence and return to work
- What causes stress at work and how to minimise it
- Understanding different psychological therapies
- Directory of local mental health organisations and support systems



Support for employees

Workshops aimed at helping people to manage their mental health and wellbeing and build their resilience.

- Self help and local resources
- Improving self esteem
- Managing health and wellbeing
- Having a positive outlook
- How to manage our stress
- Managing our mood
- Recognising and managing anxiety
- Developing positive coping strategies
- Mindfulness



- Relaxation
- Building our resilience
- Developing emotional intelligence
- Healthy eating
- Getting a good night's sleep

Our consultants



Anne Hinchliffe
Chartered Psychologist



Emma Robinson
Wellbeing Consultant

Questions about how we can help your organisation?

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