



# Peter Christison & Associates Health Consultancy and Training

*Established since 1995  
In Workplace Health & Mental Health*



## Healthy Minds in your workplace Fact sheet

### Mental health for Managers

(Also available in this series, objectives which can be included: Well being and Stress Management for Managers, Job Retention Training, Mental health awareness or well being and stress management courses for employees)

*'Very informative and useful management information'* Bernard Allen Communications Manager Somer Housing Group.

*'Good, very clear presentation skills and knowledge of the subject'* Sian Hancock Team Manager Somer Housing Group.

**Purpose of the course:** Mental health is an integral part of health workforces, individuals and populations. The government's new mental health strategy launched on 02 February 2011 is entitled 'No Health without Mental Health'.

- ✚ 1 in 4 people in the UK experience some form of psychological or mental ill health in any one year.
- ✚ 1 in 6 has depression.
- ✚ 1 in 6 people in the workplace have a psychological or mental ill health each day.

The purpose of this interactive course is to enable anyone with a line management responsibility to manage their own mental health and the employees they manage.

This is an interactive course, which **can be bespoke to meet the client's requirements**. We use a number of training methods, including 'Working it Out' SHIFT DVD's and use case studies. Typical aims and objectives are:

#### Aims

- ✚ Gain an understanding and knowledge of mental health issues affecting the workforce.
- ✚ To be able to put into practice the knowledge learnt, to promote positive mental health and support mental ill health in your workplace

#### Objectives

- ✚ Understand risk and resilience factors for mental health and mental ill health, in the workplace and key personal life ones.

- + Learn the signs and symptoms of mental ill health, and interpret how to use this knowledge
- + How does a person with mental ill health and issues feel, what are their concerns? Includes practical responses by Managers
- + Gain a brief overview of common mental ill health affecting employees in the workplace understanding treatments and common side effects of medication
- + Understand good management tips for promoting good mental health and prevention of mental ill health
- + How to respond to a person who is becoming unwell or has 'Presenteeism' ; approaching or being approached
- + The relevance of open culture about workplace mental ill health; an introduction to development of a culture
- + Learn well being techniques to promote your own and your employees good mental health
- + A word on job retention and 'Fitness to Work'

**Group size:** Ideally as this topic is interactive and generates discussion ideally 12 delegates is recommended.

**Duration of the course:** 1 day. A reduced course for 0-5 a day is available subject to use aims and objectives and use of training methods.

**Fees: NO VAT. 1 day-** £625.00 or a restricted course of **0.5 day** - £395.00 (subject to location).

We provide over 30 training and 15 consultancy services in:

- + Workplace health
- + Mental health
- + Health & Safety
- + Management and personal development skills
- + Psychological and other therapies

### **Want help but not training?**

We also provide 1 to 1 well being and mild mental health problems coaching by phone or webcam in the UK; fact sheet on request.

Our full 'Training & Consultancy Services List' fact sheet can be downloaded from our website or on request.

**For further information contact Peter Christison in confidence**

### **Abridged Biography of the trainer**

***Peter Christison** has worked for over 20 years in the business sector, 10 years in the public and voluntary sectors and has gained over 18 years experience delivering and designing training to all these sectors.*

*He has worked in the mental health field for over 18 years, and was a Mental Health Promotion Specialist in the NHS for 4 years where he researched and wrote 'Healthy Minds in your Workplace' toolkit and training Programme. The toolkit was used by one of the HSE pilot sites for the development of the HSE Stress Management Standards. The majority of this programme was used for the £5.8 Million 'Healthy Minds at work' project throughout Wales in 2004-07.*

*He is an accomplished training for all types of organisations in; workplace health, mental health awareness, self-harm and suicide awareness & prevention.*

*He has written articles published about promoting workplace mental health in national journals including: the Health Service Journal (HSJ) and 'The Professional Manager' the magazine of the Chartered Management Institute.*

*He offers a well being and minor health problem coaching UK wide and job retention case management service in Sussex, Surrey, Kent, and Hampshire and parts of Greater London. Further details of his experience associates and client list available on request.*

© Peter Christison and Associates 2009

**32 Timberlands Storrington W. Sussex RH20 3NF.**

**[www.healthymindsinyourworkplace.com](http://www.healthymindsinyourworkplace.com)**

**Tel: 01903 742434 or mobile 0778 78 66339**

**Peter Christison Roger Butterworth Keith Allen CMIOSH, FRSPH,  
Cathy Robinson Bsc, Dip Nut Med Norma Christison Msc  
Justine Vandeweg EFT and creative art therapy**