

# Elearning

**Course Name**

Managing Mental Health at Work (elearning)

**Course Description**

This a 2-hour course specifically for line managers. It has been designed to increase their confidence around managing mental health issues in the workplace. It will equip line managers with tools and guidance to manage mental health at work more effectively, to identify the signs of poor mental health early, have pro-active conversations early on and sign post to help at the earliest opportunity.

**Audience**

Southern Region Line Managers only

**Duration:** 0.25 Day(s) **Class Size:**

**Competence Name Awarded**

**Competence Awarded**

**Course Code**

**Prerequisite Name**

**Prerequisite Short Code**

**Skills Assessment Scheme Regime**

**Course Type**



Elearning

**Download Date:** 20/5/2024