



The Facts

- 70 million working days are missed annually due to mental ill-health, which cost UK employers £8 billion per year.
- Mental ill-health costs UK employers an estimated £15 billion a year in lost productivity (including presenteeism, where mental health issues lessen work performance).
- A further £2 billion a year is spent on replacing staff who leave their posts because of mental illness.*

*Source: Sainsbury Centre for Mental Health

Mental health in the Workplace

Improving mental wellbeing in the workplace makes good business sense and many employers are now recognising the importance of:

- Empowering managers to recognise symptoms of mental ill-health and intervene quickly and supportively
- Providing staff with the skills that will help them to manage stress and build resilience
- Tackling stigma and making wellbeing a priority within the workplace.

Working together

Cambridge Health at Work, part of Cambridge University Hospitals NHS FT, has joined with Mind in Cambridgeshire to offer training around these key areas.

Mind in Cambridgeshire is recognised as a leading provider of mental health-related training in Cambridgeshire and has also developed/delivered courses nationally. Evaluation of its courses and trainers is of a consistently high standard.



“Excellent course. I now have more confidence and would not be scared to help someone if they required help with a mental health issue at work.”

Please see overleaf for course details

Training your managers; empowering your staff

The following courses are available, either at your own venue or at the Cambridge Health at Work's training suite on the Cambridge Biomedical Campus, Cambridge.

Managing Mental Health in the Workplace

Length: 1 day (6hrs) or half day (3hrs)

Participants: Managers

By the end of this course participants will be able to:

- Explain the terms mental health, stress, anxiety, depression & psychosis
- Recognise the business impacts of poor mental wellbeing among staff
- Explain the HSE stress management standards/competencies
- Discuss the manager's role in creating a mentally healthy workplace
- Recognise the signs and symptoms of anxiety & depression
- Respond appropriately to a distressed employee
- Identify support available to an employee experiencing mental distress.

Managing Stress and Building Resilience

Length: 1 day (6 hours)

Participants: All staff

By the end of this course participants will be able to:

- Identify the signs and symptoms of stress
- Explain what is meant by resilience
- Identify the characteristics of a resilient person
- Discuss and select strategies to strengthen personal resilience
- Recognise the importance of looking after their own wellbeing.

For more information or to book a course please contact us
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or phone: 01223 216827

