

Increase productivity with our corporate wellbeing solutions

Chakra's training has been built to increase mental strength and resilience to high levels of stress, using early intervention for increased productivity.

We might not always be able to see mental health at work and mental health in business can seem like a huge area; sometimes HR professionals just don't know where to start. It might also seem that exploring mental health at work means we are opening a can of worms, creating lots of uncertainty around what kinds of issues might surface.

So why bother?

When staff are mentally unwell, there is a significant cost to business. This is estimated to be between £33-42 billions pounds every year. No business is immune to staff becoming mentally unwell and research suggests that 1 in 4 people are likely to struggle with their mental health during their lives. Productivity and performance are hit hard due to absenteeism and presenteeism. The latter comes at the greater cost; presenteeism is understood to contribute two thirds to the total cost of mental ill-health at work.

There are a number of reasons staff may be present but not performing:

- Fear of the stigma and perception of being weak
- Denial or lack of understanding around their mental health circumstances
- Fear of losing their job or not being paid if they take time off
- Fear that appropriate support is not available
- Fear that they will not be believed

The good news

The good news is that supporting mentally unwell staff does not have to take a huge effort or cost the earth and businesses can start by making mental health conversations part of their culture. This is an important part of tackling the problem as open conversation will help us to understand where the specific issues lie in our businesses. A mental health course such as the one below can give people a solid understanding of how they can take control of their own mental health circumstances and support others in doing the same.

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CHAKRA
Corporate Mental Strength

Feeling the Chakra benefit...

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LivingCare

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MINT
HUMAN RESOURCES

TranQuality



Alcumus
Safer. Healthier. Stronger.

KIRKLEES COLLEGE

MACCOMMS

AMS
Rehab Across Boundaries

NEUPC

PUMA

BOULTING

time to change
let's end mental health discrimination

henry
Helping Staff, Helping Teams

ASU
All in the same cup

CIPD

JOURNEY FURTHER

blatchford

Identify and support the mental health of your people

Demystifying Mental Health at Work Awareness and Interventions Course

The area of mental health at work can often seem complex and tricky to work with. This misconception can put businesses off exploring the mental health of their people, simply because they don't know what works or where to start.

Our Demystifying Mental Health at Work course is designed to break the stigma of mental health at work by introducing the subject in a light and jargon-free way. We will present the most prominent mental health issues that affect businesses in a way that can be easily understood, paying particular attention to the signs symptoms and indicators of chronic stress, anxiety and depression as well as the more serious mental health struggles such as psychosis and suicidal thoughts.

Support

Our focus is to support staff in seeing the more human aspect of mental health, to elicit feelings of empathy and understanding and thereon strengthen the relationships and support networks that exist between colleagues. We will introduce a range of therapeutic and practical coping strategies that can be used to alleviate mental health problems in the working environment and that staff can share with one another to encourage a more open and encouraging workplace culture. This course will address the importance of effective communication between staff in order to help colleagues feel understood and valued, and herein more likely to stay in work if mentally unwell and seek support than isolate or attempt to conceal their struggles.

Course sections can be split and delivered in a way that meets your business needs and the time-availability of your staff.

Outcomes:

- How to identify, explore and challenge perspectives around mental health at work
- How to recognise the signs and symptoms of mentally unwell colleagues
- How to initiate a sensitive conversation with a mentally unwell colleague
- How to introduce practical coping strategies to empower a mentally unwell colleague
- How to signpost to appropriate professional support services
- How to recognise the impact of poor mental health in your business

Course length: 8-16 hours

Group size: 8-15

Location: Your workplace

Ideal for
all staff, in
particular line-
management
and HR

Call us on **0113 479 0292** to find out more or to book a course.
Or you can always email us on: info@chakracorporate.co.uk

Not ready to book a full course? Why not try a 2 hour taster session?

