



Online Staff Awareness Session

Mental Health Awareness Session for Staff

is a 1 hour programme that is designed to enhance employees' understanding of mental health and mental health problems that may arise in the workplace. The programme provides staff with an understanding of mental health and its prevalence in Ireland, awareness in recognising the signs and symptoms of common mental health problems, how stigma affects help-seeking and how to engage in a conversation with the person they are concerned about.

Session Format

The session is delivered through a webinar lecture and Q&A.

Learning Outcomes

At the end of the session, participants will:

- Have a better understanding of mental health in the workplace
- Recognise the barriers to help-seeking
- Recognise common mental health triggers in the workplace / home working
- Be aware of health and safety consideration for home working
- Be able to recognise the signs, symptoms and risk factors associated with mental health problems
- Understand how best to engage in a conversation around mental health
- Be able to identify internal and external supports

