

About Family Action

www.family-action.org.uk

National charity Family Action has over 140 years' experience of supporting individuals and families facing a wide variety of challenges – social isolation, depression, caring responsibilities, bereavement, learning difficulties and financial hardship to name just a few.

We understand that such difficulties can manifest themselves in the workplace in a range of ways, such as absenteeism, lack of motivation, changes in behaviour towards colleagues, lateness, reduced productivity, anxiety and impaired performance.

Family Action's 'Mental Health First Aid' and 'Strengthening Wellbeing and Professional Resilience' corporate workshops can help you identify and support staff facing a variety of issues, while also helping to improve staff engagement, cut staff absence and develop motivation.

Service address

Family Action
Training and Consultancy Services
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Family Action Training and Consultancy Services

Mental health and wellbeing
workshops for the corporate sector



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Registered Charity no: 264713. Registered Company Limited by Guarantee in England and Wales: 01068186. Patron: Her Majesty the Queen.
Chair: Bryan Portman MBA FCCA FCIS. Chief Executive: David Holmes CBE

Contact us

Our workshops can be delivered at your own place of work, and on a day that suits you and your staff, offering *convenience, cost-effectiveness* and *flexibility*. We can also tailor our workshops to meet the specific needs of your employees.

To discuss your organisation's requirements and to find out more about our workshops:

T: 020 3640 2303

E: TandC@family-action.org.uk

www.family-action.org.uk/training

Mental health and wellbeing

Mental health issues cost the UK economy more than £3b p.a. (DWP, 2005) through lost working days, staff turnover and lower productivity.

Investing in the mental health and wellbeing of staff can help businesses to: retain skills through a reduction in staff turnover; cut sickness absence; demonstrate a commitment to CSR; and improve staff morale, engagement and commitment.

<http://www.personneltoday.com/hr/mental-health-first-aid-10-reasons-every-employer-should-invest-in-mental-health/>

Family Action can support your business

Our workshops will help you identify early indications of mental health issues and consider practical ways in which you can support your staff effectively, while also helping you to reduce costly staff absences and improve staff morale and productivity.

Mental Health First Aid: This accredited workshop looks at how to identify, understand and help a person who may be developing a mental health issue such as anxiety and depression.

- *Option 1: half-day awareness session*
- *Option 2: full two-day MHFA accredited course.*

Strengthening Wellbeing and Professional Resilience:

Participants will learn to recognise signs which could suggest increased stress and pressure at work, and identify strategies to support their own professional resilience.

- *Option 1: half-day awareness session*
- *Option 2: full one-day course.*

Did you know ...?

- **77%** of employees have experienced symptoms of poor mental health at some point in their lives
- **29%** of employees have been diagnosed with a mental health condition
- **48%** of line managers have managed someone experiencing symptoms of poor mental health
- **62%** of employees attributed their symptoms of poor mental health to work or said that work was a contributing factor
- **76%** of line managers believe they are responsible for employee wellbeing, but only **22%** have received training
- Only **11%** of employees discussed a recent mental health problem with their line manager
- **80%** of line managers believe barriers exist to supporting mental health
- **49%** of line managers would appreciate basic training in common mental health conditions

Business in the Community, *Mental Health at Work Report 2016*, <http://wellbeing.bitc.org.uk>

