



01822 819 786. <https://www.hub-4.co.uk>

## **Mental Health Awareness for all.**

### *Background and costs of poor mental health in the workforce*

1 out of 3 employees taking time out due to mental health

80% of presenteeism and absenteeism is caused by work related stress and associated mental health issues.

**4% of payroll value is lost** through wellness-related absence in the UK every year?

1 in 3 GP fit notes are for Mental Health.

**Mental ill-health** is the leading cause of sickness absence in the UK, costing an average of **£1,035 per employee per year.**

### *Benefits of delivering Mental Health Awareness training for all*

To reduce the effects and costs of poor mental health in the workforce each individual needs to understand what mental health is and how it affects us all.

Why? Because by understanding their own mental health they are better placed to manage their poor mental health, be more positive

That way people are better able to manage their own mental health, be more positive and therefore more productive. If and when they experience poor mental health they are better equipped to know how to manage, cope and respond.

### *Additional support for managers*

A half-day or one day face to face course for up to 15 delegates.

Will supplement the basic online training by focussing on:

Communication skills with team members

Ways to support/help team members

More detail on specific conditions

Mood management and Empathy