

Free Mental Health and Wellbeing Courses

Why do employees need good mental health?

- Poor mental health costs UK employers £33-42 billion per year
- £8 billion is due to sickness absence
- The cost of mental health problems is estimated to be about £335 per employee per year.

A healthy workplace is one in which workers and managers collaborate to use a continual improvement process to protect and promote the health, safety and wellbeing of workers and the sustainability of the business.

How can we help?

Delivery of a free one-day, face to face, accredited health and wellbeing awareness course for staff. All learners will receive free accreditation and certification.

Further, free, accredited mental health and wellbeing courses are available:

Mental Health and Wellbeing Level 1

Award in the Importance of Resilience and Grit Entry Level 3 - Level 1

Award in Personal Health and Wellbeing Level 1

Identify Mental Health 'First Aiders' within the team to undertake further, free, online training.



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On-site professional development tailored to your team.



Westmorland
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