

Mental Health Responsive (MHR)

Life & Progress MHR provides more than a practical understanding of the key issues surrounding mental health, both in the workplace and the wider community.

The workshops have been specifically designed to work on the core of culture within organisations of any size. They are also flexible in that specific content and focus can be adjusted to suit your organisation. We achieve this through a consultative approach. We can provide a real framework to work with compliance, through a structured and supported system in real time.

Life & Progress MHR will help the attendees to build a knowledge of the principles of mental health. Help to further understand the impact of Mental Health. Create or adapt mental health policies in the workplace. Provide pathways to support and inform of the benefits of working towards better mental health practises. Create working links with wellbeing programmes and maximising their value.

The workshops are delivered in your workplace minimising the impact of travel, accommodation and extended time away from work.

The **MHR Two-Day Course** is designed primarily for Managers, Team-Leaders, HR Teams, Health & Safety Officers, etc.

Covering but not limited to the following topics:

- Overview of Mental Health
- Mental Health Disorders
- Developing positive attitudes and healthy behaviors to Mental Health
- Our Obligations and Responsibilities
- Communication: Observation and Listening
- The challenges and implications for Carer's
- Support in the Workplace
- Exploring the challenges: interactive immersive elements
- Establishing workplace frameworks and action plans
- And more...

The **MHR One-Day Course** is designed primarily for employees, offering a slightly slimmed-down version of the two-day course.

Covering but not limited to the following topics:

- Overview of Mental Health
- Mental Health Disorders
- Developing positive attitudes and healthy behaviors to Mental Health
- The challenges and implications for Carers
- Things we can do to promote and support our wellbeing
- Creating action plans for supporting positive policies
- Becoming a Mental Health Ambassador (MHA)
- And more ...

Approximately 1 in 4 people will experience mental health issues at some stage in their life, with evidence suggesting that 12.7% of all sickness absence days in the UK can be attributed to mental health conditions.

Our approach to Health and Wellbeing and the products and services we provide will more than pay for themselves, giving a sustainable return on investment. MHR will support people and their organisations in raising awareness and promoting positive attitudes towards mental health, whilst also exploring the challenges that may be faced when dealing with individuals or within the organisation.

E&OE

