

# Mental Health Training

Click on a box to find out more and enrol

**All employees**

## **Mental Health Awareness – 3 Hour Course**

Build awareness of mental health, recognise symptoms, find out where to get support and learn how to provide basic help to your colleagues.

## **Introduction to Personal Resilience – 3 Hour Course**

Find out how to keep yourself well in tough times and explore a range of self-help measures that can be incorporated into your daily routine.

**Managers**

## **Managing Mental Wellbeing and Stress at Work – 4 Hour Course**

Learn ways to foster a wellbeing culture and recognise/respond to stress and other common mental health problems. Find out about employer responsibilities for controlling stress at work.

## **Supporting Employee Health Needs at Work - Lunchtime 1 Hour Learning Sessions**

Monthly lunchtime sessions on a range of health topics, aimed at assisting line managers to support employees who are experiencing stress or have known physical and mental health conditions.

**Employees who work with students**

## **Mental Health, Wellbeing and the HWSS Procedure - 20 Minute Online Course**

Find out about student mental health and wellbeing in the context of Higher Education, and get information, advice and guidance about supporting students at the University of Exeter.



**Employees who support students with mental health problems**

## **Mental Health First Aid (MHFA) - 1 Day Course**

Become a Higher Education MHFA Champion. Learn how to identify early warning signs of mental ill health, effectively guide students towards other support, and increase knowledge and confidence to advocate for mental health awareness.

## **MHFA - 2 Day Course**

Become a mental health first aider. Learn how to identify, understand and help a person experiencing a mental health issue. Like physical first aid, recognise warning signs of mental ill health, provide help on a first aid basis, and effectively guide someone towards the right support.