Mental Health Training

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.

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.

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.

- **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.

- **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.

- **Mental Health, 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.

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