



Mental Health Awareness

1 in 6.8 people experience mental health problems in the workplace (14.7%).

Evidence suggests that 12.7% of all sickness absence days in the UK can be attributed to mental health conditions.

This course will highlight how:

- Stress in the Workplace affects critical functions such as decision making
- The impact of stress can equal decrease in productivity and increase in staff sickness and decrease turnover
- The HSE Management Standards 2004 demonstrate good practice via a step by step risk assessment

In this whistle-stop workshop you will learn important skills that will improve your awareness of Mental Health.

- You will learn what is Mental Health?
- How to notice the signs of mental ill health for early intervention
- Understand how to manage work load, time pressures and stress in the workplace
- Gain an understanding of our brains - thoughts, reactions and behaviours
- Know what strategies can help support positive Mental Health
- Learn how to support colleagues in work and those off work due to mental ill health
- Gain Mental Health self-care skills

Costs: Free of charge for all delegates.
Places are on a first come first serve basis.

How to book: Call 01924 827869 or go online to www.fusionbusiness.org.uk to book.



What our clients say about the Health and Safety services we offer...

"FusionHR's Health and Safety service gives us the peace of mind

that we are meeting regulations and applying best practice in our school. The Health and Safety audit makes sure you are on the right track from the beginning and then regular reviews keep you up-to-date. We don't have to worry about anything as Fusion

act as our Competent Person and supply the manuals, policies and employee booklets, appropriate to education, that we need to issue to staff. It's one thing we can easily tick off our 'to-do' list."

Kath Kitson, Professional Services Manager, Home Farm Primary School

FREE 2 Hour Workshop

Stallard Kane Associates is fast becoming established as one of the UK's leading H&S practitioners.

Their advisory team is carefully selected to ensure they have proven hands-on experience of your industry and the Health and Safety issues you face.

Date: 15 May 2018

Time: 10am to 12noon

Venue: Euroway House
Roydsdale Way
Bradford
BD4 6SE

