

## Who should attend?

This one-day course is aimed at employers keen to keep their workforce running effectively.

The course is ideal for :-

- Managers
- Supervisors
- Personnel, Welfare and Training Officers
- Health and Safety Officers

Participants are encouraged to express frank opinions and share experiences.

Hull and East Yorkshire Mind  
41 - 45 Beverley Road  
Hull  
HU3 1XH

Don't wait until poor mental health becomes a sickness absence problem.  
Call MindWorks today!

Phone: 01482 240134  
Fax: 01482 336878  
E-mail: [mindworks@mindhey.co.uk](mailto:mindworks@mindhey.co.uk)



Hull and East Yorkshire Mind  
Registered Charity Number: 1101976  
Company Number: 4936165  
Charity Registered in England



## Mental Health Awareness For Employers

### Is sickness absence affecting your profits?

MindWorks can help to increase productivity, decrease absenteeism and cut your costs.



Tel: 01482 240134

## What's in it for your company?

- Cut the forever growing costs of stress and mental health issues in the workplace.
- Increase productivity and the effectiveness of your workforce by making small adjustments to the working environment.
- Enable you to understand your corporate responsibilities under the DDA.
- Ensure higher caliber recruitment by looking after the best interests of you and your staff.



- Confidence to deal appropriately with staff with mental health issues.
- Avoid the cost of recruiting new staff by identifying ways to help absent staff return to work.
- Keep the level of sickness absence down by understanding mental health issues and the best way to deal with them effectively.

**"By recognising problems with staff early, encouraging managers to be supportive and flexible, and ensuring regular contact with staff who have to take time off, BT reduced sickness absenteeism on the grounds of mental health problems from 500 staff each day to 300."**

(Source: BBC News - Mental health 'costs UK billions')



## What will you learn on the day?

- The simple adaptations that you can make to keep a person working efficiently rather than taking time off sick.
- How to communicate effectively with staff who may be experiencing mental health issues.
- What your company's responsibilities are under the DDA.
- The effects that conditions such as stress, anxiety and depression can have on work.
- Where to turn for help in supporting staff with mental health problems.



[www.mindworkstraining.co.uk](http://www.mindworkstraining.co.uk)