Stress and Wellbeing Workshop

We provide workshops, training, consultancy and support to those interested in learning more or experiencing mental health issues.

Our Stress and Wellbeing Workshop addresses:

→ General introduction to mental health and wellbeing in the workplace

→ Recognising signs and symptoms

→ Stress and what it means to you

→ What we can do to promote wellbeing

→ Identifying early warning signs

We also provide take away resources such as Quick Tips and a Wellness Action Plan

The workshop aims to:

→ Improve understanding of mental health in the workplace

→ Increasing employee's confidence to look after their mental health and wellbeing

→ Increasing employer's confidence to look after the mental health and wellbeing of employees

Why is it important?

61% of UK employees have experienced a mental health issue due to work or where work was a contributing factor

33% of the UK workforce have been formally diagnosed with a mental health condition at some point in their lifetime.

1 in 5 people have taken a day off due to stress but 90% feel unable to tell their employer that mental health is the reason for their absence.[1]

1 YouGov poll commissioned by Mind. Mind. 2013. http://www.mind.org.uk/news-campaigns/news

"A healthy workplace is one where employees and managers work together to protect and promote their health, safety and wellbeing and the sustainability of the business."

World Health Organisation