

Mind Your Mental Health

Practical Workplace Strategies for Small Organisations

The Health and Safety Authority and Mental Health Ireland have come together to host a series of seminars in association with the European Agency for Safety and Health at Work.

These one day themed information and skills-based seminars are targeted at managers in small to medium sized organisations/businesses. Participants will have the opportunity to learn about mental health in the workplace and to explore practical strategies to recognise the warning signs and proactively manage this common workplace hazard.

All companies are currently obliged to embed safety and health systems within 'how they do business'. This includes managing mental health and stress at work. Mental health issues, including stress-related issues, are widespread and impact on people's resilience and achievement in life and at work.

By creating a good psychosocial work environment, you can ensure that workers are healthy and productive at work. Absences due to work-related stress will be reduced and the business costs resulting from lost productivity can be minimised.

How To Book?

Visit www.mentalhealthireland.ie

Who Should Attend?

- SME owners and managers from any industry sector, profit or not-for-profit

Why Attend?

Participants will learn how to:

- Better understand issues around mental health at work
- Develop the ability to effectively manage those issues
- Keep adequate records of unfolding events
- Reduce costs associated with poor psychosocial work environments
- Protect against litigation
- Ensure ethical and legal standards are met

The seminars will also offer participants an open forum to explore how best to apply the learning within their own work environment.

	Theme	Venue	Date	Time	Fee
Seminar 1	Managing Stress and Burnout in Staff	Clayton Hotel (formerly Bewleys Hotel), Ballsbridge, Dublin 4	6th October 2015	9:30am – 3:45pm	€50
Seminar 2	Managing Bullying in the Workplace	Radisson Blu Hotel, Athlone	7th October 2015	9:30am – 3:45pm	€50
Seminar 3	Handling Depression and Absenteeism	Castletroy Park Hotel, Limerick	13th October 2015	9:30am – 3:45pm	€50
Seminar 4	Managing Stress and Change	Clarion Hotel, Sligo	15th October 2015	9:30am - 3.45pm	€50

To reserve a place on any of the seminars please visit the Mental Health Ireland website at www.mentalhealthireland.ie
For any queries please email training@mentalhealthireland.ie or telephone (01) 2841 166

