

Mental Health at Work Training & Resources

Raising awareness of mental health at work can reduce stigma and encourage workers to talk openly about their thoughts and feelings – developing an open culture of support and reducing the likelihood of existing problems worsening.



The Just Ask Listen Talk Toolkit (J:ALT): supports Fife employers with the tools, knowledge and information to create and sustain mentally healthy workplaces: opportunitiesfife.org/media/1581/jalt-booklet.pdf

Ask, Tell – Look After Your Mental Health: this animation explores what mental health is and that we all have mental health. Factors that can affect our mental health are explored, including how we can promote good mental health and respond compassionately to people who may be experiencing mental distress:



<https://vimeo.com/338176495>

Mental Health at Work a resource for Employers, gives advice and guidance on supporting the Mental Health & Wellbeing of young workers:

<https://www.apprenticeships.scot/for-employers/mental-health-introduction/>

Scottish Association for Mental Health (SAMH) Workplace: Workplace resources including 'Managing Stress in the Workplace' and 'How to be Mentally Healthy'

<https://www.samh.org.uk/about-mental-health/samh-publications/publications-workplace>

APPRENTICESHIPS . SCOT
From Skills Development Scotland



Keeping Connected Leaflet: has a wealth of signposting advice & contacts to assist those in need, to find the support they require:

<https://www.nhsfife.org/media/35711/keeping-connected-fife-adult-digital-version.pdf>



Fife Health Promotion Service Information & Resources Centre: has a wealth of Health Improvement resources - you can order these through your HPAC account:

<https://www.hpac.durham.gov.uk/HPAC///HPACIndex.jsp?sitename=hpac.fife.scot.nhs.uk>



Contact Workplace Team for free and confidential advice & guidance:
Email: Fife.hwlfife@nhs.scot

Mental health awareness at work reduces sickness absence...

...reduces presenteeism,

...improves workplace culture,

...and increases worker retention.



Mental Health at Work Training & Resources

Fife Health
& Social Care
Partnership
Health Promotion Service
Workplace Team

Training & signposting to support workforce mental wellbeing.

Health Promotion Service

Training Team: offer a Health Improvement training programme. With an array of mental health & wellbeing courses to choose from:

<https://www.hpac.durham.gov.uk/HIT/HPACIndex.jsp?sitename=hpctraining.fife.scot.nhs.uk>



Public Health Scotland Virtual Learning

Environment: a suite of e-learning which is available to the Public, Private and Third Sector. Most of these training courses are free & you can study them when you like. There's a selection of courses available to improve workplace health:

<https://learning.publichealthscotland.scot/course/index.php?categoryid=153>



Positive Steps to Increase Mental Wellbeing Training

The overview of this training is to 'increase understanding of mental wellbeing & awareness of the positive steps to increase wellbeing'. Book this training via the Health Promotion Service Training Team:

fife.hittraining@nhs.scot



Mental Health Improvement & Prevention of Self Harm & Suicide Prevention Ask, Tell...Awareness

Animations Training: This virtual training session aims to raise awareness and have facilitated discussions around the 3 Ask, Tell... educational animations which highlight areas such as mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal. Email: fife.hittraining@nhs.scot

Introduction to 'Good Conversations: This course will benefit those who want to have supportive conversations. In particular those who are having conversations with people living with long term conditions or dealing with challenges either at work or home. Book this training via the Health Promotion Training Team -

fife.hittraining@nhs.scot



If an individual needs advice to manage their mental wellbeing, you can signpost to local & national self management websites:



<https://www.accesstherapiesfife.scot.nhs.uk/>



<https://breathingspace.scot/>



<https://www.moodcafe.co.uk/>



<https://www.samaritans.org/scotland/samaritans-in-scotland/>

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