



Masterclasses for managing staff well-being

for KCH/GSTT managers

mental health awareness

- How much do you know about the benefits of good mental health in the workplace – and the long-term effects of stress on your team's performance?
- How well do you think you could support a team member before their signs of emotional overload become part of your sickness absence stats?
- Are you clear how to approach a team member who seems depressed or seems to be relying on alcohol or drugs to cope?
- Can you talk confidently to your team about mental well-being – and implement positive practices that ensure reduced sickness absence, improved performance, better relationships and service delivery?

If you manage staff and would like to feel more confident in answering these questions, this KHP masterclass on mental health awareness has been designed to help you.

Working with the Mental Health Promotion Team from South London and Maudsley NHS Foundation Trust, you'll explore the psychological demands managers are currently facing and develop stronger skills to support your staff - and yourself - through these challenging times.

"Facilitators were brilliant... a very informative and lively session. Thoroughly enjoyable. I am better for it"
"Very useful day. Feel all managers would benefit from attending"
"Really insightful. Useful broadening of knowledge and awareness."

PLEASE NOTE THAT THESE COURSES ARE AVAILABLE FOR MANAGERS EMPLOYED WITHIN KCH & GSST ONLY

WHEN & WHERE?

See overleaf for dates, times & venues

TO BOOK:

Please reserve your place by emailing
carolyn.swan@slam.nhs.uk

FOR MORE INFO:

e: miriam.mica@slam.nhs.uk
e: juney.muhammad@slam.nhs.uk

Drinks provided, bring your lunch

 KING'S HEALTH PARTNERS

happier@work is a KHP Staff Well-Being initiative

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