

# Workplace Mental Health Workshop (Basic)

## Description

The Workplace Mental Health Workshop (Basic) aims to develop an empathetic, inclusive and resilient workforce by enhancing workplace mental health literacy that first begins within the healthcare community.

This workshop will equip participants with the knowledge and awareness towards common mental health issues to aid in its timely recognition, management, or prevention in the workplace.

## Duration

This programme will comprise of 4 hours of self-directed e-learning, followed by a 1-day (8 hours) workshop session.

## Programme Content

This Programme will cover the following topics:

1. Stress and Burnout;
2. Anxiety and Depression;
3. Other Mental Health Conditions and;
4. Self-care

## Target Audience

This programme is recommended for staff from healthcare institutions who would like to gain an understanding of workplace mental wellness.

Individuals in managerial positions will benefit from insights related to enhancing mental wellness, resilience and self-care in the workplace. In addition, individuals in befriending, peer-buddy systems, supervision and mentoring roles will also benefit from this programme.

## Learning Outcomes

At the end of the programme, participants will be able to:

1. Identify common mental health issues in the workplace;
2. Recognise symptoms and warning signs of emotional distress, e.g. burnout, compassion fatigue, anxious and depressive states;

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3. Differentiate adaptive stress responses vs pathological stress responses/mental illness;
4. Recognise suicide phenomena, and identify at-risk individuals;
5. Respond to persons in emotional distress appropriately, and provide mental health first aid; and
6. Implement personal or collective self-care in the workplace.

## Methodology

Methodologies used will include:

1. Lectures
2. Mini-didactic presentations
3. Small group exercises
4. Skills practice
5. Reflective learning

## Training Capacity

30 participants per run

## About the Organiser

Officially established on 19 July 2002, the National Healthcare Group (NHG) College plays an instrumental role in facilitating the continuous learning and development of our workforce, as well as, promoting systems improvement and driving leadership development in NHG. NHG College collaborates with renowned institutions and industry partners to build the pipeline and collective capacities of our leaders, educators, healthcare professionals and staff to support NHG in serving and managing the health of our patients and the population.