

# Dealing with Employee Mental Health Issues and the Effects on Their Performance

## Overview

This course delves into understanding the mental health continuum, recognizing how shifts in mental health status can significantly impact employee performance. It emphasizes the importance of creating supportive environments that cater to mental wellness for sustained productivity.



## How This Course Will Benefit You

Engaging in this course will equip you with the insights and tools necessary to support your team's mental health effectively, thereby enhancing overall workplace performance. You'll gain a deeper understanding of the mental health continuum, learning how to identify early signs of mental strain and apply proactive measures to mitigate their impact. By fostering a culture of mental health awareness and support, you'll not only aid in maintaining stable productivity but also contribute to a healthier, more resilient work environment. This course is vital for leaders committed to nurturing employee well-being alongside organizational success.

## Course Objectives

Learn to navigate the challenges of employee mental health and its impact on performance.

- Understand the mental health continuum and its relevance to workplace dynamics.
- Identify signs of mental strain or injury and their effects on employee performance.
- Implement strategies for awareness, prevention, and early intervention to support mental wellness at work.

## Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals