



Understanding and Supporting Those with Severe, Complex, and/or Co-morbid Mental Health Difficulties

Overview

This course delves into recognizing and supporting employees with severe, complex, and co-morbid mental health difficulties, emphasizing early intervention, specialized therapy, and workplace accommodations to maintain productivity and wellness.

You can learn more here:

<https://www.insightpsychological.ca/corporate/intervention-and-support/>

Course Objectives

Equip participants with skills to identify and support employees facing severe mental health challenges.

- Recognize signs of severe, complex, and co-morbid mental health conditions in the workplace.
- Understand the importance of early, adequate, and appropriate intervention for maintaining employee resilience and productivity.
- Explore specialized counselling/therapy, group support, rTMS, cognitive rehabilitation, and critical incident support as effective interventions.

How This Course Will Benefit You

Engaging in this course will enhance your competence in identifying and supporting employees with significant mental health challenges, ensuring a healthy, inclusive workplace environment. You'll learn about the challenges of mental health issues, including stress, anxiety, depression, and trauma, and the critical role of specialized interventions in recovery. With practical guidance on implementing supportive measures and accommodations, you'll be better equipped to assist employees in navigating their conditions, leading to improved overall well-being, job satisfaction, and productivity within your team.

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