



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

Overview

This training 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/>

Training 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 Training Will Benefit You

Engaging in this training 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.

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
- Content- Content delivery tailored to meet your organization's contextual needs (i.e. unique challenges facing your industry, or a particular work group)