

# Mental Health Aware Leadership

## Senior Workplace Leaders

*A certified course to recognise strategic leaders committed to leading mental health and wellbeing friendly organisations*

### About the course

Setting a national standard for those leading an organisations, the course seeks to support the development of a strategy and action plan, plus also provide prestigious accreditation of those involved. The course is focussed on the considerations that strategic leaders in organisations need to consider to meet their statutory mental health and wellbeing duties.

### About the Programme

The Mental Health Awareness Programme is dedicated to ensuring that organisations at all levels are mental health aware. They believe to achieve this, the culture and ethos need to come first and that this is what embeds a true mental health friendly culture. Organisations who can demonstrate commitment at all levels to mental health awareness are able to apply to be accredited with the Mental Health Tick. They also run the national Mental Health and Wellbeing Awards.



### MORE INFO

For more information contact:

Richard Curtis, Programme Director

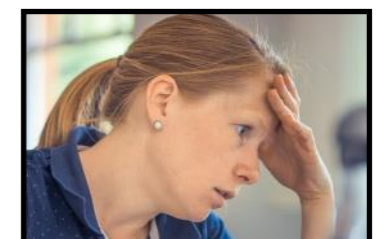
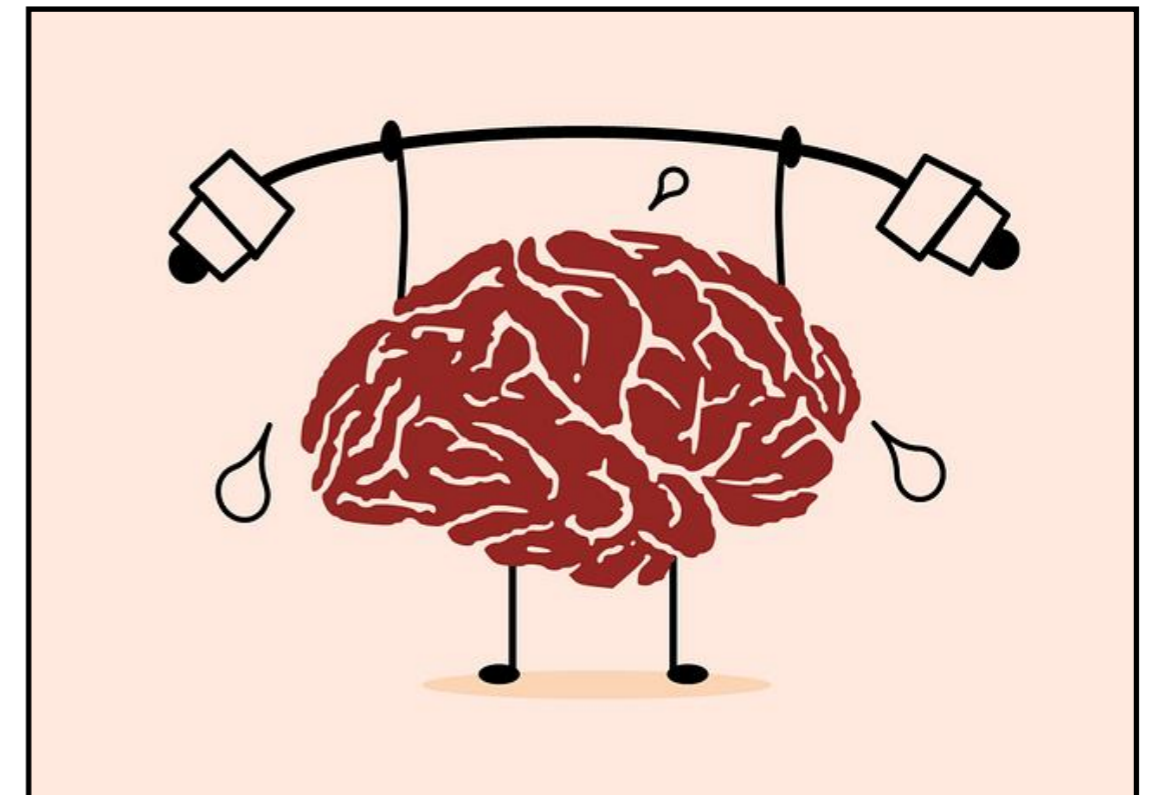
The Mental Health Awareness Programme

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**Mental Health Awareness**  
**P R O G R A M M E**



## WHAT IS IT

The **Mental Health Aware Leadership qualification –Senior Workplace Leaders** is a course designed to recognise those with the greatest influence over policy and practice in an organisation, plus also develop a strategy & action plan for addressing the ethos, values and culture needed for a mental health friendly organisation.

The course covers topics affecting the leadership of mental health and wellbeing in the organisation. Beginning with an audit of current need, the delivered content encourage the reflection on topics related to the development and implementation of a strategy to address wellbeing needs for staff.

Participants study core modules and self-study an additional two modules, allowing them to ensure the Programme is most suitable for their situation. They are assessed through a portfolio submission, for the national certification and optional level 4 qualification.

## IS IT FOR US

If your organisation has a number of key leaders all invested in approaching mental health and wellbeing in a unified way, then this course is suitable.

As the course guides the learners through the self-audit and action planning, this often suits situations where approaches are fragmented or in worst-case scenarios everyone has gone off and done their own thing, or nothing...

## BENEFITS

- Strategy development
- Unified approach
- Action planning
- Staff engagement
- Improved knowledge, skills or behaviours
- Evidence of good practice
- Accreditation

## WHO SHOULD ATTEND

If being accessed at an organisational level, then the C-suite or the strategic lead from each department should attend.

If being accessed at a departmental level, then appropriate leads should attend.

## COMMITMENT

### In-person

3 full days, plus group-led peer sessions.

### Online

15 x pre-recorded seminars.

### Additional commitment

Between sessions there are reflective activities. In addition leaders self-study two units.

## HOW IS IT ASSESSED

Participants on the course are entitled to submit a portfolio to gain a level 4 qualification from Open Awards. This consists of reflections on the learning, delivery and implementation, in addition to their own self-studied learning.

## PROGRAMME CONTENTS

### Facilitated sessions:

- Auditing and action planning
- Leadership in Mental Health
- Beliefs, values and attitudes
- Bias and reactions to mental health
- Reflecting on leadership approaches
- Statutory expectations
- Emotional coping
- Mental Health Difficulties
- Workplace wellbeing

### Self-studied units, choose two of the following:

- Multi-team working
- Voice of staff
- Support for staff
- Disabilities and medical conditions
- Mental health difficulties
- Mental wellbeing

## MENTAL HEALTH TRAINING

Self-audits often identify a need for awareness training for staff. As an additional part of the Programme, we can also arrange for all of your staff to access universal online Mental Health Awareness training, in addition to Mental Health First Aid for those in appropriate roles.