

Workplace Wellbeing

Mental Health

Mental health affects everyone and should be treated the same way as physical health. As a manager it's your responsibility to look out for the mental well-being of your team and ensure they receive the support they need. This module explores what an organisation can do to support individuals in the workplace who are suffering with a mental health problem.

In this Module

Videoscribe explainer video, with professional audio (duration: 02:32)

English Subtitles

5 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Promote wellbeing in the workplace and raise awareness of mental health.
2. Touch base with your team members on a regular basis.
3. Treat people as individuals.

