



Certified Online Training Course

A 3 hour Online Certified learning Programme Developing Personal Mental Health & Engagement

Thursday 7th March 2024 2pm-5pm, GMT



Fee €125. Early booking discount €99,
before Thursday 29th February 2024.



15 places available on this course
Closing date for booking 6th March 2024

www.eapinstitute.com



Maurice Quinlan
Director EAP Institute



Simon Britz
Lead Psychologist
Roodlane Medical London

Personal Mental Health and Engagement

Changing Landscape -Employee Support Therapy

The Institution of Occupational Safety and Health (IOSH) funded research by the University of Nottingham and produced guidance for business on how they can develop a structured approach to workplace mental health. The findings from research by the University of Nottingham reveal both positives and areas for concern, including inadequate boundaries for employees and a lack of proof that Mental Health First Aid (MHFA) is effective

IOSH is urging its members to think prevention, safety, compliance, risk assessment, guidance, and employee support therapy and calls for a structured approach to address the many issues surrounding workplace mental health.

In July 2021 the global standard of ISO/45003 was published. This is the first international standard to provide guidance on psychological health and safety at work. The new standard will address many safety risks that can contribute to work-related stress, depression and anxiety and adversely impact worker mental health.

Learning Objectives (3)

Those attending will learn about

- Developing the IOSH structured approach to workplace mental health and the ISO 45003 global standard on stress, anxiety and depression
- Case study on an effective mental health strategy
- Utilising the ISO 45003 Guidance to reduce psychosocial risks and increase employee engagement

Programme

1.30pm online zoom registration opens.

2pm Introductions Speakers and Participants

- Mental Health is now a safety issue
- Guidance by the Institution of Occupational Safety and Health (IOSH)
- Guidance contained in the ISO 45003 Global Standard
- Employer's legal obligation under Health and Safety and Equality Legislation.
Maurice Quinlan Director EAP Institute Waterford Ireland

2.45pm

- Effective mental health policy and strategy
- Risk assessment and control measures stress, anxiety and
- Mental health awareness training for workers and line managers
- Recognition, conversation and signposting to support
- Case Study
Simon Brittz Lead Psychologist Roodlane Medical London

3.30pm

- Assessing all risks to mental health and wellbeing from workplace psychological and psychosocial risks
- Utilising ISO 45003 to reduce psychosocial risks and Improve employee engagement
- Checklist for developing a workplace mental health policy

4.30pm Summary

Google evaluation