

Workplace Mental Health Workshop

About:

Learn practical strategies to promote mental wellness at the workplace.

Module 1: Introduction to Workplace Mental Health

- Learn what is mental health and its importance.

Module 2: Employee's Mental Wellbeing

- Understand the impact of poor workplace mental health on individuals, teams and organizations.
- Learn how to provide psychological support and resources to employees who are struggling with mental health challenges.

Module 3: Implementing Evidence-based Wellbeing Initiatives

- Learn strategies for managing workplace stress and burnout and how to create a supportive and inclusive workplace for employees with mental health conditions.



Duration: 4 hours

Group size: 10 to 40 persons

Cost: \$120 per person (before GST)

Mode of delivery: On-site

Sign up now



Visit redcross.sg/pss or email
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