

People with Mental Health Problems: How to Work With them

1 Day

Mental illness affects not only the sufferer, but also those working around them. This course will help you recognise and respond to signs of mental health problems. Learn about common psychological disorders and how they can impact on behaviour at work. Then discover how to manage situations where mental health issues emerge in teams. You'll also find out how to handle "difficult" or irrational behaviour that stems from psychological disorders.

What you'll learn to do in this course

You'll come out of this session with powerful tools for handling mental health issues at work. We'll bring theory to life and tell you how to succeed. A range of practical tips will be presented to you. You'll talk through examples and enjoy practical exercises. At the end of the course, you should be able to:

- Define mental health
- Recognise common signs of mental health issues in the workplace
- List behavioural indicators of common disorders including depression, anxiety, schizophrenia, histrionic personality disorder and narcissistic personality disorder
- Understand the impact of mental health issues on team dynamics
- Know what to do when someone at work shows sign of mental illness
- Handle irrational behaviour
- Maintain your psychological well being and manage stress

Topics you'll cover

- What is mental health?
- Signs of mental health issues
- Responding to signs of mental health issues
- Handling irrational communication
- Keeping your team safe and health

Book your training NOW

Call Eleanor Shakiba on 0433 126 841
Download course information at
www.thinklearnsucceed.com.au

“think
learn?
succeed”

“Smart training for clever people”

What others have said about the course...

“This is the best course I have done. It strongly related to my workplace problem.”

“A very worthwhile program, delivered by a highly knowledgeable and experienced trainer.”

“This course has given me the courage and tools to tackle my staffing problem.”

