

Workplace Mental Health Support

In addition to [Mental Health First Aid](#), we offer several mental health training and awareness-building options to give employees increased knowledge, awareness and confidence to support the mental health and wellbeing of their colleagues and themselves. Each option can be customised, and delivered either online or in person.

Mental Health Awareness For All

From 1 hour - 1 full day

This training session provides an introduction to mental health and wellbeing, with a focus on supporting others in the workplace. Relevant to individuals at all levels of a business, and ideal for those without any previous mental health training. The session can be tailored to address specific needs of an organisation, and a follow-up pdf guide with learning points and resources is included.

Mental Health Training for Managers

From 1 hour - 1 full day

Build confidence by understanding your manager role, responsibilities and boundaries with workplace mental health to better support your teams to thrive and perform. Managers often feel like the 'squeezed middle' and with so many conflicting demands it's a great time to learn tips and tools and prioritise self-care. This session provides a framework for safe wellbeing conversations in your manager role, as well as next steps to continue building a mentally healthy workplace.

Bespoke Mental Health Workshops

From 1 hour - 1 full day; 8-25 participants

These workshops are an opportunity to have a more intimate, practical discussion on supporting mental health and wellbeing at work, with an option to focus on a single wellbeing topic or challenge.

Content can include: resilience, stress management, carer support, young people and mental health, common concerns and challenges, suicide awareness, idea generation, and a discussion of scenarios.

Mental Health Coffee Morning

1 hour, recurring or one-off, up to 20 participants

This session is an informal yet structured opportunity for peer support and further education. Participants can share current challenges and perspectives whilst learning about and discussing different mental health-related topics. Potential topics include: anxiety & panic attacks, stress & burnout, understanding depression, self-talk, empathetic communication, benefits of talking therapies and understanding stigma.

For more information and pricing, please contact Jen Clay: jenclay@oakleaf-enterprise.org.

All proceeds are reinvested back into the charity, helping fund support and services for adults managing mental ill-health in Surrey. Find out more on [Oakleaf's website](#).



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