amh
works

WELL-BEING
MENTAL HEALTH FIRST AID
WORK LIFE BALANCE
STRESS AWARENESS
MENTAL HEALTH AWARENESS
POSITIVE SUPPORT
PERSONAL RESILIENCE
EMPOWERMENT CONFIDENCE
SAFETALK PRODUCTIVE
MINDFUL MANAGER
ENJOYMENT FULFILMENT
PROSPERITY
PROVOKING THOUGHT
ENCOURAGEMENT

Supporting Healthy, Resilient Workplaces

If you would like any further information or would like to speak to us about mental health issues in the workplace or your community, we would love to hear from you.

You can contact Gary Kane at:

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AMH Works

Action Mental Health (AMH) is a leading voluntary sector organisation with over 50 years experience in promoting positive mental well-being and supporting the recovery of people with mental health problems, including helping them to access employment.

One of the most important factors in maintaining **good mental health** and **resilience** is work. In today's climate, work has taken on a whole new importance both to employers and employees. Unfortunately, work has also taken on a whole new level of pressure. Some people thrive under this pressure for a time but inevitably if the pressure gets too much, this will affect our mental wellbeing.

AMH Works has been set up by AMH, with a view to helping people and organisations through our training programmes. AMH Works can give you the skills to learn how to deal with the stresses of modern life both in work and at home and through these programmes you will be better equipped to be the best that you can be.

"Excellent course with excellent information provided. It will give me more of an understanding of mental health" **Translink**

"Trainer was excellent and this course will help me keep my mind open to alternatives and other people's mental wellbeing" **George Best Belfast City Airport**

"Great information on signs and symptoms which made it easier to understand and give me great ways to cope and deal with mental health problems" **Northern Health and Social Care Trust**

"Excellent training! Very useful and will have a big impact on looking at situations in my work place" **Antrim Borough Council**

AMH Works' Training Programmes

Programme	Description
Mental Health Awareness	The aim of mental health awareness is to highlight the main mental health issues and disorders out there and to give an overview of the signs and symptoms. You will also learn how to look after your own mental wellbeing.
Stress Awareness	Helps Line Managers to recognise the symptoms and know how to support employees with mental health problems through appropriate interventions
Personal Resilience	This resilience course aims to teach employees and employers the best methods and techniques to better equip themselves to stand up to the pressures and stresses of life.
Mindful Manager	The aim of the Mindful Manager course is to give managers the tools required to spot any issues staff may be having in the workplace and facilitate a solution before issues cause significant loss of productivity or absenteeism.
Provoking Thought	The Provoking Thought course has been specially created to challenge the preconceived beliefs and thoughts on mental health and to equip you with the tools and understanding to think about mental health in a more positive and healthy light.
Mental Health First Aid	The aim of Mental Health First Aid is to enhance understanding of mental health problems and how it can impact on individuals and society; to develop skills, motivation, knowledge and confidence in offering help to those with symptoms of mental illness; to guide you towards appropriate professional help.
Safetalk	This is a training programme that will prepare you to identify persons with thoughts of suicide and connect them to suicide first aid resources.