

TESCO

*The programme was excellent!
Very well presented.*

ALLEN & OVERY

*This programme will help me make better
decisions when supporting someone.*

SAINSBURY'S

*Great source of reflection and
preparation for handling difficult
conversations with colleagues.
Great tools to help me make
the right recommendations for
our colleagues.*

LAGAN CONSTRUCTION GROUP

*Gives confidence to teams in the ability
to recognise and deal with mental illness
and reduce stigma of mental health.*

TRANSLINK

*Greater understanding of
mental health issues.*

PWC

*Awareness and mindfulness of the types
of mental health and symptoms of our
staff is beneficial. The training material is
also extremely relevant.*

BELFAST MET

Excellent!

LABOUR RELATIONS AGENCY

*The programmes AMH Works
delivered have contributed to a
sizable reduction in our mental health
related sickness absence.*



www.amh.org.uk

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Charity Number NIC100753

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Supporting Healthy, Resilient Workplaces

AMH Works

AMH Works is a mental health training and consultancy service working with some of Northern Ireland and the UK's leading organisations. Our programmes teach the skills needed to support and maintain healthy resilient workplaces from CEOs all the way through the organisation. Our programmes have a 96% satisfaction rating and have had a proven positive impact on sickness absence and sickness presence and can help to make your workplace a more effective and resilient place to work.

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.

The effects of **mental ill health** in the workplace

STRESS
IS NOW THE
MOST COMMON
FORM OF
LONG TERM
ABSENCE

70%
OF NI
WORKERS
FEEL UNDER
PRESSURE
AT WORK

FOR EVERY **£1**
LOST TO SICKNESS ABSENCE
£1.50
IS LOST THROUGH
PRESENTEEISM

10.6
WORKING DAYS
LOST PER
YEAR PER
EMPLOYEE

ESTIMATED COST
OF POOR MENTAL
HEALTH PER YEAR
£1,035
PER EMPLOYEE

£30.8M
LOST
PER YEAR
IN PRODUCTIVITY

AMH Works' Training Programmes

Mental Health Awareness

The aim of mental health awareness is to highlight the main mental health issues and disorders 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.

Mindfulness

Mindfulness is a proven technique for the effective management of mental ill health and this programme will give participants the practical tools required to give them a better handle on how to remove or reduce any issues that may be impacting on their mental wellbeing.

Resilient Leader

This Resilient Leader is aimed at heads of businesses/higher level management and is geared towards creating corporate resilience. A culture of resilience is vital in order to sustain higher levels of productivity and morale and this all starts at the top. This programme will give CEOs and companies the ability to be more resilient in the face of an ever shifting environment.

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.

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