



Taking Action on Mental Health in the Workplace



How can AMH Works support your organisation?

Employee well-being has never been more important. The new world of work has arrived faster than anyone could have anticipated, resulting in new health, safety and well-being concerns for employees and their employers. Mental health of employees falls under the employers duty of care, the latest data shows mental health problems account for 4 in 10 absences and are the most common cause of long term absence, costing employers in NI up to £125 million per year. This does not factor in the expected rise in mental health issues triggered by stress, fear and isolation due to the Covid 19 pandemic.

A Business in the Community survey found that 60% of employees have experienced mental health issues due to work or where work was a contributing factor, and more than half of employees have confirmed an organisational mental well-being strategy would make a job offer more attractive.

It is clear that every employer needs to take action now to improve employee well-being and resilience. There are moral, reputational, economic and legal implications and AMH Works can help with every stage of the process through the use of online platforms and face to face consultancy, support and training.



Assessment of workplace well-being needs

Our dedicated AMH Works Manager assesses your workplace mental health and well-being needs to **identify priorities**



Effective Action Plans

We agree a realistic and effective **plan of training and support** which reflects your organisational needs



Training programmes

AMH Works designs and delivers a suite of training programmes for all levels of employees and offers **tailored training programmes** to reflect your requirements



Hands on support and expert advice

We offer hands on support including information resources and toolkits and **provide expert advice** on mental health and well-being matters

AMH Works are specialists in mental health and emotional well-being training and consultancy, working with some of NI's and the UK's leading employers. Our training programmes enable individuals to gain the skills for personal well-being and to contribute to healthy, resilient workplaces.

Qualified and experienced facilitators deliver a range of prevention and early intervention programmes through online and face to face delivery, bespoke programmes are designed, delivered and evaluated to ensure they are relevant to your organisation's needs and impact can be measured. Programmes we offer include:

Mental Health Awareness

Personal Resilience

Stress Awareness & Management

ASIST
(Applied Suicide Intervention Skills Training)

SafeTALK

Mindful Manager

Mental Health First Aid

Find out more about our programmes here:
<https://bit.ly/2UzKY6P>

All AMH Works programmes are evidence based and include best practice models for improving well-being and resilience. Adherence to Public Health Agency standards for provision of Mental and Emotional Well-being and Suicide Prevention ensures all programmes are developed and delivered effectively, with appropriate safeguards in place.

AMH Works is a social enterprise and all of the funds raised support Action Mental Health's work to promote positive well-being in schools and communities across Northern Ireland.

What do our clients say?

The training will aid my conversations around mental health and has better equipped me to support my workforce.

Collins Aerospace
(Mindful Manager)

"Working with Action Mental Health has enabled us to launch an innovative Mental Health Training session to address how we approach Mental Health conversations with our staff and subcontractors. Involving AMH at every stage really supported the professionalism, tone and accuracy of the workshop we developed."

Farrans Construction
(Bespoke Forum Theatre Session)

"I am more aware of unhelpful thought patterns and behaviours, and can now replace them with more helpful coping strategies to handle daily pressures."

NI Assembly
(Personal Resilience)

"I can honestly say that I found it both enjoyable and useful. The content was appropriate and it was delivered with energy and where required, empathy. The trainer really did a lot to make everyone feel comfortable as we discussed a range of issues relating to mental health and well-being."

NI Audit Office
(Mental Health Awareness and Personal Resilience)

"Recently AMH delivered a Mental Health First Aid training session for council staff which has helped participants recognise the signs of deteriorating mental health and signpost those affected to appropriate sources of help and support."

Belfast City Council
(Mental Health First Aid)

"I am now more mindful of the signs of mental health issues and feel confident recognising and providing help to my colleagues, family and friends."

Education Authority
(Mental Health Awareness)

Contact us to find out more about how to empower your employees and make a difference in their lives and your business.

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**action
mental
health**