

action  
mental  
health

# Workplace Wellbeing

## Mental Health Training Programmes

Compassionate Conversations



# Compassionate Conversations



The Compassionate Conversations programme enables employees to have supportive conversations about mental health with colleagues, clients and others.

The programme uses interactive activities to develop skills such as active listening, affirmation and reflective phrasing.



## **This programme will include:**

- Understanding mental health and common mental health issues
- Compassionate conversation skills
- Introduction to the LASS Model (Listen, Ask, Support, Signpost)
- Duty of care – staying mentally healthy
- Signposting and support



## **This programme will not:**

- Enable you to diagnose people
- Make you a counsellor or enable you to counsel people





## Programme format and duration

**Duration:** 3.5 hours

**Group numbers:** 8-20

This programme will incorporate a mix of slides and audience participation alongside group work and exercises.

### Further support

All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.

**Book now to  
improve your  
workplace wellbeing**

E: [workplacewellbeing@amh.org.uk](mailto:workplacewellbeing@amh.org.uk)

T: 028 9442 8081

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mental  
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Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit [amh.org.uk](https://amh.org.uk).



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