

Understanding and Promoting Positive Mental Health and WELLbeing in the Workplace



Understanding and Promoting Positive Mental Health and WELLbeing
the *i-act* Course Manual, Toolkit and Resources Pack

i-act .co.uk
for positive mental health and WELLbeing

"The UK's leading mental health and wellbeing programme"
The Wellbeing Community 2017

The Wellbeing Community

- This accredited *i-act* training is aimed at supporting employees/front-line workers to support others who may experience a mental health or wellbeing issue and to improve their own wellbeing in the workplace.
- This course comes with a 156-page evidence-based course manual, toolkit and resource pack (pictured left) for each participant.
- The manual includes over 45 practical tools to support employees and over 95 agencies/ organisations to refer on to.
- The evidence-based *i-act* course and manual cites over 200 pieces of reputable references, researched by leading academics in the field.
- The course highlights how we can all improve our wellbeing to help build resilience.
- The course comes with free access to all of the on-line *i-act* resources.

Course objectives: the *i-act* course for ALL employees aims to:

- give participants a greater understanding of mental health and wellbeing issues and recognise when we may need further help and support
- provide some practical tools for managing stress, anxiety and low mood, and for promoting positive wellbeing to help build resilience
- offer guidance and advice for how we may connect with colleagues who may be experiencing a mental health or wellbeing issue
- equip participants with a resource pack, toolkit and signposting to further help and support concerning mental health and wellbeing issues.

Visit the website for further details:

WWW. *i-act*.CO.UK