

Mental health and well being with Community union

When we began our priority campaign on mental health, we were committed to providing tailored support to all of our members, regardless of workplace. Mental health affects everyone, whether personally or close family and friends.

We are pleased to offer a pathway to better understand mental health:

Mental health briefing

- Short and informative
- Issues identified
- Issues discussed and explored
- Excellent resources
- Leave with broad overview of mental health one day course

Two day awareness course

- Introductory course
- Help reps deal with workplace issues relating to mental health
- Strategies for mental health
- Help identify signs and symptoms
- Raising awareness
- Action planning

Accredited certificate

- Follow on from the 2 day course
- Mental health in the workplace
- Promoting well being
- Relevant legislation and policies
- Developing skills required to act on behalf of workers experiencing mental health issues

Email: learn@community-tu.org

Call: 0800 389 6332