

# MENTAL HEALTH TRAINING

## Line Manager Course



**Administered by Mental Health First Aid instructor, speaker and expert, Adrian Thomas from health and wellbeing consultancy company, Via Vita.** The course has been subsidised by the TSA to make it more accessible for members as it's an important topic to support.



### OVERVIEW

We're delighted to offer this accredited Adult Mental Health Training Course. Taking place over two half days it is an excellent training opportunity for all managers who look after teams of all sizes. The course will qualify you as an Adult Mental Health First Aid (MHFA) Champion.

The course will be held online. An invite will be sent with a link to join nearer the time.

### WHO SHOULD JOIN

- Site, General or Area Managers
- Production, Shift or Team Managers
- Supervisors, Charge Hand, Team Leaders
- MD's, CEO's and Owners

While primarily aimed at Line Managers, the course is also open to anyone who would like to better their understanding of mental health in the workplace regardless of their role.

### GAIN AWARENESS OF

- Understanding common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

**TIMES** 9am-1pm (two half days). Various dates to be confirmed throughout the year.

**FEE** £150+VAT per person (subsidised fee)

**PLATFORM** Online

### NEXT STEPS

All spaces will be provided on a 'first-come, first-served' basis so don't hang around if you want to register a space.

To book your, or your colleagues, place on this course please email [events@tsa-uk.org](mailto:events@tsa-uk.org) with your details.