

action
mental
health

Mental Health Training and consultancy

Supporting Healthy,
Resilient Workplaces



Compassionate Conversations

This course 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 course will not:

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

Learner requirements: None

Time scale: 3 hours

Group numbers: 8 - 15

This course will incorporate a mix of slides and audience participation coupled with group work and exercises.

FOR MORE INFORMATION CONTACT:

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