



Dealing with Violence, Aggression and Mental Health in the Workplace

Who should attend?

The course is suitable for both employers and employees who require more information regarding violence, aggression and mental health at work and their effects upon the workplace. It is designed to engage with staff so they can recognise risk factors both in themselves and others, so they can successfully signpost towards gaining professional help.

Course Aims & Objectives

The course aims to promote a better understanding of the issues surrounding violence, aggression and mental health at work and their effect on all staff within the workplace. The course will outline situations which might lead to conflict at work but will also cover bullying, harassment, and discrimination. The course will also help staff to identify risk factors which could lead to workplace related stress and how to signpost colleagues towards professional assistance.

Course Outline

- The legal and moral responsibilities of both employers and employees with regards to violence, aggression, and mental health at work.
- Factors which may lead to aggressive behaviour or workplace violence.
- Identifying and dealing with bullying.
- Identifying and dealing with various forms of harassment.
- Identifying and dealing with different types of discrimination.
- Different pressures which can affect mental wellbeing.
- Workplace stress and other common mental health conditions.
- The effects of alcohol and drugs and the importance of workplace policies.
- Signposting towards gaining professional help.

Certification

Certificates of attendance will be awarded to delegates upon completion of the course.

Duration

1 Day

Location

We can offer courses on company premises for a maximum of 10 delegates or upcoming open courses in your local area.