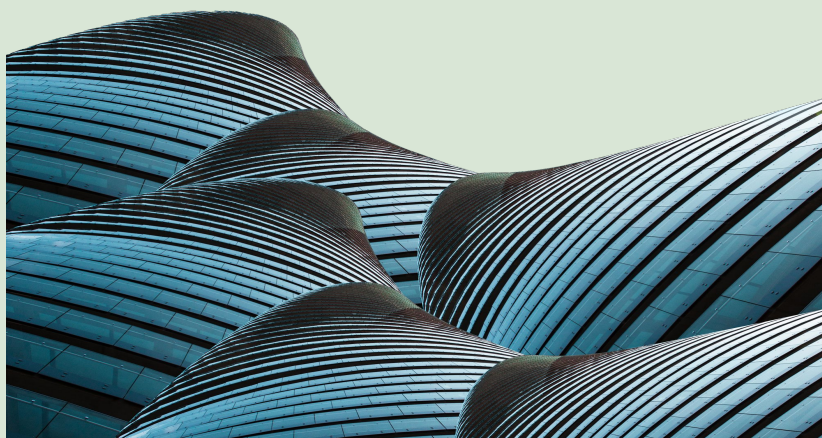


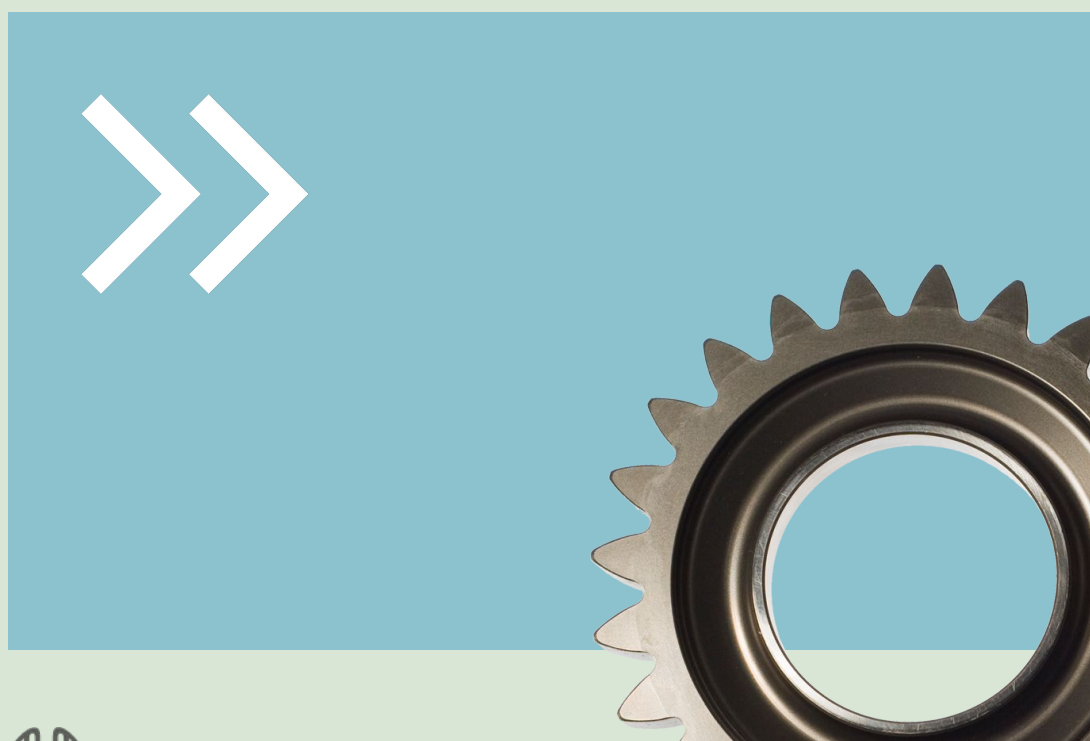
HEDROC TRAINING WORKSHOPS

Workshop Title	Delivering Mental Health First Aid Online
Workshop code	HD0014
Format	Online - Interactive webinar
Trainers	Hedroc consultants (Clinical Psychologist/ Consultant Psychologist)
Duration	50 mins
Target audience	MHFA trained staff
No of attendees	Unltd



Aims:

- Summarise the particular mental health challenges that staff are currently experiencing, and how these are manifested
- Summarise the challenges of delivering MHFA online
- Outline the ways that MHFA staff can continue to provide support to colleagues in a virtual workplace
- Demonstrate how the signs and symptoms of poor mental health and burnout can be identified online
- Tips on how to actively listen online
- Review risk management and signposting strategies in a virtual workspace



For further information and bookings,
please contact:

info@hedroc.co.uk

For all services relating to managing
employee mental wellbeing, visit:

www.hedroc.co.uk

