**MENTAL HEALTH AWARENESS – THE MIND@WORK**

**This six session training consisting of 90 minutes per session aims to equip line managers and supervisors with the knowledge and skills to better understand mental illness in the workplace.**

**Course Objectives**:

* Managers understand the key issues associated with mental illness
* Managers can identify decreased work performance
* Managers know how to discuss issues with the employee
* Managers know how to refer cases
* Managers know how to deal with accommodation of employees with mental illness

**Scope of training:**

* Understand the key issues of mental illness such as the size of the issue, the impact on performance, stigma, the complexities of managing cases
* Issues of managing mental illness – balance between care & concern and productivity;
* Relevant legal precedents associated with discrimination/mental health/incapacity
* Use of mediation to find solutions to accommodate people with mental illness
* Return to work issues - assessing readiness to return to work, graded return to work.
* Incapacity management of mental illness
* Resources available in the workplace and other resources.

**Approach:**

* Presentation of key information
* Use of individual experiences
* Simple case studies driving much of the discussion
* Work books with ready reference information.

**FACILITATORS:**

Dr Tony Davidson – Occupational Health Consultant

Siham Boda – Lawyer with Mediation Skills

Karen Theunissen – Occupational Therapist

**WHO SHOULD ATTEND?**

All supervisors and line managers.

**DATES:**

**29 January 2021**

**TIME:**

09:00 – 11H30

**VENUE:**

MS Teams

**BOOKING AND FURTHER INFORMATION**

This course is funded by the Staff Wellness.

For more information and to book, contact Blanche Claasen-Hoskins at [blanche.claaasen-hoskins@uct.ac.za](mailto:blanche.claaasen-hoskins@uct.ac.za) or on 021 650 5685.