

Virtual mental health and wellbeing training



79% of British adults in employment commonly experience work-related stress and over one third feel disengaged and less productive at work when stressed.*

The British Red Cross offers mental health and wellbeing courses for the workplace.

Our virtual courses are designed to build both team and personal resilience to help your team maintain a state of positive mental wellbeing. Group training is delivered virtually via Zoom. Our courses last from 2 hours to 1 day.

Benefits of virtual training

- ✓ scheduled training to suit you and your team
- ✓ tailored learning experience, suited to the needs of organisation
- ✓ established and reliable virtual technology
- ✓ delivered from the comfort of your own home.

*The 2020 UK workplace stress survey by Perkbox.

Course title

Course length

Group size

Supporting others and yourself

2 hours

6 – 12 learners

Coping with stress

3.5 hours

6 – 12 learners

Building person and team resilience

3.5 hours

6 – 12 learners

Dealing with distressed callers

3.5 hours

6 – 12 learners

Leading a resilient team

1 day

6 – 20 learners

Supporting people through difficult situation

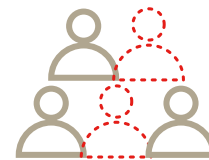
1 day

6 – 20 learners

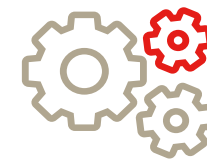
How will these courses benefit your organisation?



More engaged and motivated staff



Reduction in absence and associated costs



Increased productivity and staff retention



Improved professional reputation



More satisfied customers

Who are the courses for?

Large organisations in private and public sectors where there is a high incidence of work-related stress or absence, for example:

- construction
- Legal/ financial/ professional services/education
- Insurance (including call centres)
- travel
- healthcare

These courses are designed for managers and individuals in these organisations, available for group bookings only.

> Enquire now

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