



AWARE MOOD MATTERS WORKPLACE PROGRAMME

Mood Matters Workplace programme is a mental health awareness programme for employees and is delivered on-site in workplaces, at the convenience of the employer to fit in around operational demands and scheduling pressures.

Learning Outcomes

This programme teaches skills and techniques to look after your mental health, manage your feelings when you are stressed, worried or depressed and help you cope with challenges in the workplace and in your home life.

Duration: 1 – 2 hours.

Course Content

- What is mental health?
- Mental health at work
- Mental ill-health including signs symptoms of stress and depression
- Looking after our mental health
- Sources of help

“ We find that mental ill health is one of the leading causes of staff sickness absence so Mood Matters has been a great starting point towards encouraging and supporting better mental health in our workplace. A happier, healthier team is good for them and good for business. ”

Paul, SME Director, Cookstown

“ I wasn't sure what to expect but this was a really interesting course and has helped me think more positively about what I can do at work to improve my mental health, as well as what I can do at home. I'm so glad my boss organised this. ”

James, Employee, Belfast

How to apply

For more information and to find out how to apply, please visit the AWARE website

www.aware-ni.org or email training@aware-ni.org

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CHANGING LIVES.