

MENTAL HEALTH

STRATEGY DEVELOPMENT



Project
Health & Safety
Services Ltd
protecting your world

KICK-START

The process would kick off with a detailed discussion within your organisation around your current Mental Health provision, how well you feel - or can demonstrate - that this works and what you hope to gain from this process. Duration up to ½ day.

1



2

SEMINAR & WORKSHOP

This stage would encompass a PHSS-facilitated seminar and workshop, attended by all of your employees and management (maximum of 30 attendees per session).

3

MENTAL HEALTH POLICY & PROCEDURE DEVELOPMENT

Based on the outputs from our initial discussions and subsequent seminar and workshop, PHSS will produce a comprehensive mental health policy and set of procedures.



4

MH FIRST AID TRAINING

Awareness of First Aid for Mental Health (1/2 day)

Suitable for all employees and managers.

First Aid for Mental Health (1 day)

For those volunteering as MH First Aiders.

Includes 'Lived Experience' speaker contributions.

Supervising / Leading First Aid for Mental Health (2 day)

Explores a wide range of mental health conditions and the support available from healthcare professionals.

Managing Mental Health in the Workplace (1 day)

Bespoke course to launch your new MH strategy.

The interactive, discussion-led workshop (around 90 minutes) which follows the seminar, will include real-life 'Lived Experience' case studies from our motivational speakers. These case studies are designed to prompt your organisation to question and to openly share with the group...what would you want your organisation to do in these situations? What structure would you like to see in place? What could you as an individual do to help?



5

ONGOING SUPPORT

PHSS, in conjunction with our MH partners and agencies, will act as a point of contact for your staff with MH issues and for your MH First Aiders and Managers who require support when dealing with MH issues.

We can offer advice to your business on managing MH issues before they become Occupational Health referrals.

Project Health & Safety Services Limited

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MENTAL HEALTH

'LIVED EXPERIENCE'



Our Mental Health Strategy Development process includes real-life 'Lived Experience' case studies from experienced and engaging motivational speakers. We believe the best support comes from those who have first-hand experience of dealing with - and overcoming - their own mental health issues.

Michael Byrne is the Founder and Managing Director of Lived Experience Trauma Support (LETs).

He has a distinguished 33 year career in Local Government Housing and Housing Associations and was formerly the Director of a Housing Association in Glasgow.

Michael has vast lived experience of dealing with mental health in the workplace. Michael also has vast experience of overcoming multiple life traumas including the murder of his father and surviving The Clutha disaster in Glasgow in 2013.

Michael has provided business consultancy services on improving Mental Health in the Workplace to organisations including RBS, Barclays, Zurich Insurance, The British Army, CIPD Scotland, Barnardo's, The Chartered Institute of Housing, Savills and recently he was a Keynote Speaker at The Scottish Parliament at Holyrood.

Michael has featured regularly on both BBC and STV as well as BBC Radio, Global Radio, Evening Times, the Daily Record and Sunday Mail.



LET'S WORK TOGETHER TO CREATE A MENTALLY HEALTHY WORKFORCE - CONTACT US TO DISCUSS.

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