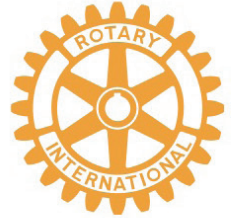




working well

South West Peninsula

Rotary



# Employers: *Thrive at Work*



## Free Training

1 in 4 people at work have or have had a mental health problem

Our **FREE** Courses on Mental Health Awareness will:



- Make recruitment easier
- Increase productivity
- Reduce staff turnover

### Mental health awareness in business course

Approximately 3 hours long, delivered by Mental Health First Aid (MHFA) trainers with experience of working with businesses. It will include aspects such as: the spectrum of mental health, an overview of mental illnesses and conditions, the impact on business, why being mental health aware makes good business sense.

### Develop a mental health aware business model

Including Time to Change policies and workplace strategies. Approximately 2 hours long and delivered by business owners who have led on Time to Change and Healthy Workplace initiatives.

### Mentoring

Local Rotarians with suitable experience and training providing follow up support and consultancy.

**Find out more:**

[johnda.pearce@btinternet.com](mailto:johnda.pearce@btinternet.com)

**or visit**

[www.falmouthrotary.org.uk](http://www.falmouthrotary.org.uk)

Recovery  
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