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Mental Health at Work

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Welcome



Richard's story



Hertfordshire NightLight Mental Health Crisis Service

In a crisis and need someone to talk to?

Our centres provide a **safe, homely** and **welcoming** space, and a **bed**, if an overnight stay will help.*

If you just want to **talk to someone on the phone**, we will be on hand to **listen**, and provide **support**.

Natasha's story



People that don't know me
think I'm quiet.
People that do know me,
wish I was.



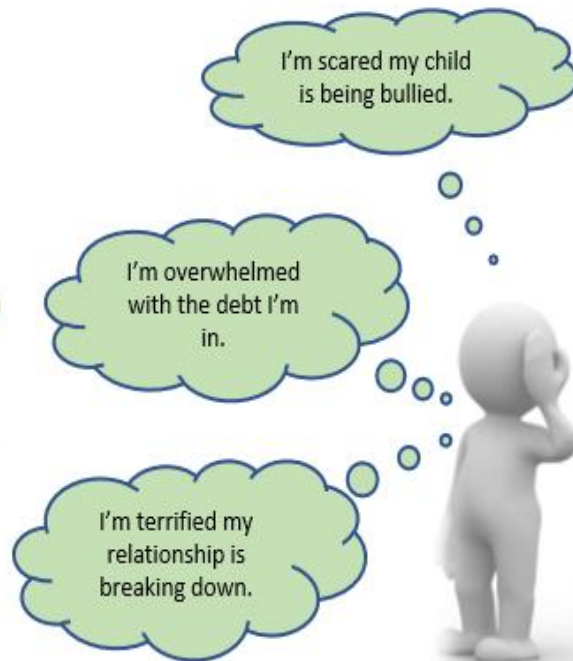


Mental Health First Aiders England



- What is mental health?
- Impact of mental health issues
- Non-judgemental listening skills
- What is an anxiety disorder?
- Risk factors for psychosis
- Stigma and discrimination
- Symptoms of depression
- Depression in the workplace
- Eating disorders
- Personality disorders

Feedback



Thank you



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