



## Continuing Professional Development Certificate

### **Mental Health in the workplace – should I be worried?**

Delivered by Peter Freeth, Genius

Mental health is getting a lot of coverage in the media, but is a real issue that you should be worried about, or is it just a passing fad? 15% of people experience mental health problems in the workplace, with almost twice as many women affected as men. Almost twice as many women as men experience anxiety or depression, yet most of this will go completely unnoticed in the workplace - until it's too late. Better mental health support in the workplace can save UK businesses, in total, up to £8 billion per year, and around 1 in 8 days taken off sick are due to mental health issues. Clearly, this is more than a wellbeing issue, this is a business risk.

In this session, Peter Freeth will be sharing some truths, and revealing some myths, about mental health - enabling you to navigate this complex and increasingly important area to create a better working environment for you, your colleagues and your employees.

In short, supporting good mental health in the workplace creates a better working culture, reduces stress, increases productivity and gives you one less thing to worry about. Wouldn't that be a weight off your mind?

#### **Learning Objectives:**

- Understand what is 'mental health'
- Understand the role and responsibilities of the employer
- Recognise the signs of mental health problems
- Learn some simple ways that you can improve your own mental wellbeing

**Total spent: 35 minutes**

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**Matthew Hall**  
Strategy and Operations Manager  
Chartered Insurance Institute

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