



Monday 18th May - Mental Health Week:

Our mental health is just as important as our physical health: everybody has it and we need to take care of it. One in four of us will experience a mental health problem and we want to create an environment where colleagues are free from stigma and feel supported should they need help.

TLE is proud to be adding the following courses to its training portfolio delivered via our Virtual Platforms: Adobe Connect and MS Teams:

[Self-awareness for Mental Health](#)

This 90 minute virtual classroom will help you recognise the signs and symptoms of anxiety and depression, help you to identify with both the positive and negative coping strategies that and learn about approaches, techniques to improve your own mental health and know where to find resources and other support available.

[Mental Health awareness for: Managers.](#)

This 60 minute virtual classroom will help improve the awareness of mental ill health in the workplace, know the common causes and be able to identify some of the signs and symptoms of mental ill health in others. Managers will also be given guidance on having discussion with their team members and know where to find support and resources.

These courses will be bookable in our usual way, via our LMS and Website, we're look forward to seeing you!