

# WORKPLACE WEBINARS

Milton Keynes Talking Therapies and Bedfordshire Talking Therapies offer mental health webinars for businesses and employees in the local area.

## INCLUDING:

### *Mental Health for Employees*

This webinar offers guidance to employees looking to discuss mental health with their colleagues. It will equip employees with the skills to have this conversation with a colleague including how to approach them, respond and listen effectively.

### *Mental Health for Employers*

This webinar will equip managers with the skills to recognise physical, behavioural and emotional warning signs, and approach conversations with their staff about mental health in an open, inclusive and supportive manner.

## BEDFORDSHIRE:

## MILTON KEYNES:

