

MENTAL HEALTH AWARENESS WEEK



MANAGING STRESS WORKSHOP

When: Thursday 16 May

Time: 8:00 – 11:00

Where: WHBC, Council Offices,
AL8 6AE

Cost: FREE!

The event will be facilitated by Welwyn Hatfield Borough Council and Big Dog Little Dog, a social enterprise that specialises in mental health and employment.

Who should attend?

Any business leader/manager who wants to learn more about reducing stress in the workplace.

What will it cover?

The event is designed with three aims in mind:

- To help local employers to understand their legal obligations in managing their workforces stress levels.
- To provide an insight to stress, its causes and a range of techniques that can be used to better manage yours and your staff's stress levels.
- To provide information on workplace mental health schemes, their benefits and how to access them.

Breakfast will be available on arrival and there will be time to network with like-minded other businesses.

For further information please contact Lisa Devayya on 01707 357 269 or email l.devayya@welhat.gov.uk. Click on the link to register, <https://mental-health-awareness-week.eventbrite.co.uk>.