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Reduces the Stigma of Mental Health Provides a Better Understanding of How Mental Illnesses Can Affect Others Improves Employees Overall Health & Wellness Improves the Productivity and Performance of Employees Supporting your employees should be a priority for any company. This includes their mental well-being. Studies have shown that even before the COVID-19 pandemic, one out of six workers dealt with mental health problems. Help your employees address issues they may not even know they have by providing them with means to understand them. Giving them talks, seminars, and workshops about mental health can be a start. There are many benefits of giving mental health awareness. From educating to discussing to helping them cope, these can be addressed and talked about in a positive light with the help of professional medical practitioners. Reduces the Stigma of Mental Health The stigma of mental health has led it to become a negative term for many people. Its rooted in the lack of information and knowledge that many have about it. Providing your employees with mental health seminars can help break and reduce the stigma, assuring them that its okay to ask for help. During mental health seminars, professionals tackle the different kinds of mental health issues that many may be experiencing. It informs those attending of the benefits of seeking help before it even reaches a point of crisis. Mental health seminars and programs help normalize the stress, depression, and anxiety employees feel. This helps them feel understood, and lets them know that they are not alone in their struggle. Additionally, it helps them feel more comfortable talking about it themselves instead of disengaging with their surroundings and colleagues. Seminars help them shed light on an often avoided topic and encourage them to seek assistance instead. As your company encourages these kinds of talks, you can hopefully see a shift in how these topics are discussed. Provides a Better Understanding of How Mental Illnesses Can Affect Others The negative stigma of mental health illnesses doesnt allow many to fully understand their different illnesses and the effects it has on individuals. There are many forms of conditions such as anxiety, obsessive-compulsive disorder, and anxiety that many can experience daily. Providing them with seminars educates them on the different problems they and their peers can be experiencing. It also gives them perspective on the different ways mental health illnesses can affect their lives. Issues like anxiety and depression can easily be looked over by working individuals, but providing them with these seminars helps them understand why they feel these things. Improves Employees Overall Health & Wellness Different organizations and companies invest in their employees health by providing them with the necessary health packages to shoulder the costs of doctors visits and other services. Whats often overlooked is how they can also take care of their mental health. Both mental and physical health are related to each other. Providing seminars for them gives them the opportunity to develop the tools and skills needed to better manage their mental health. Here, participants can also learn new methods and tips to reduce their stress and anxiety levels. This can have long-term results for your employees. On top of that, providing mental health seminars shows that your company prioritizes these kinds of issues. It helps promote healthier habits that will, in turn, benefit their physical health too. Improves the Productivity and Performance of Employees Whether youre aware of it or not, many mental health concerns can distract your individuals. Sometimes, these can even be all-consuming. Some of the most common mental health concerns faced by individuals are stress, depression, and anxiety. As these concerns distract them, it can affect their attitude in the workplace. They may find it difficult to maintain normal levels of productivity. They can find themselves often distracted or unmotivated to work. If these are left unaddressed, it may impact their job performance, bringing down your companys morale. Providing them with ways to understand these concerns can help them address them better. Seminars provide them with better coping methods to prevent unhealthy coping methods. Mental health seminars taught by health professionals strive to be proactive. It helps them identify and manage the stressors that can be affecting their performances. This allows them to evaluate their habits at work, too. The right training program not only teaches them about the importance of mental health but also empowers them. In the end, youll be empowering and creating more productive and engaged individuals. Key Takeaway This article tackled the many benefits of giving mental health seminars. The stigma of mental health has lived in the minds of individuals for far too long. Help your companys employees break down that stigma by providing them with means to understand the different stressors around them. If youre interested in providing mental health training, seminars, and workshops, contact us here at PERPETUAL HELP MEDICAL CENTER-LAS PINAS. Our newly-opened Mind Care Center can help provide these services for you. We also offer psychological assessment, psychotherapy, and counseling to individuals. As therapists, all we want is to help our clients be their best, advocate for good mental health in our communities, address racism and other forms of bigotry, improve our techniques, master theories, and support our own livelihood and families. Easy, right? Not quite. But mental health workshops can help. Workshops are group education programs with the goal of bringing mental health knowledge, tools, strategies, and resources to our communities. A community member hosts a mental health expert who provides psychoeducation and facilitates hands-on, group-based practice among attendees. In a workshop, therapists reach a broad audience. But it goes beyond just larger groups. Workshops allow attendees to work together, building community and reducing isolation, while learning key mental health practices. The assets we have as therapists get magnified. Our education and experience with stress management strategies, trauma-informed care, mindfulness, and emotional regulation among other areas are all the richer when employed in a hands-on, community-oriented setting. Attendees put it best themselves: I appreciated the concrete techniques provided. I immediately felt less stressed - Jackie The workshop was engaging and well-organized with plenty of relevant information and applicable take-aways. - Gulnaar I love the warmth and skills of the facilitator and guest speaker. - Tien Sign up to join our team of mental health professionals. Well help connect you with people in your community requesting workshops. Youll reach more people, strengthen your professional ties to your community, and join the broader effort to improve mental health for everyone. About TogetherWell TogetherWell is a 501(c)(3) nonprofit organization dedicated to eliminating the systemic barriers to mental health education, resources and tools. Our goal is to improve the well-being of all communities by making critical information and support more accessible to the general public through our free and low-cost workshops. Additional articles are available on our website if this article was of interest to you, please visit our website to view additional articles on a variety of other mental health topics. You also may find it useful to attend our Wellness Wednesdays workshops. Wellness Wednesdays virtual educational workshops TogetherWell created Wellness Wednesdays to address serious systemic issues in mental healthcare including cost, accessibility, availability, insurance and overall stigma. We connect vetted mental health professionals to the community to offer safe, comfortable and affordable emotional wellness workshops. This is ideal if you want to learn more about mental health but aren't able to afford therapy or are not yet ready to embark on this journey. We can bring a workshop to your community or workplace in addition to our Wellness Wednesday workshops, we can provide a workshop to educate your community or workplace about a particular topic. You can search our database for workshop topics or we can design a workshop to meet the specific needs of your community or workplace. Workshops are not therapy. Workshops are designed to educate providing you with an overview of a topic in a group setting. Their primary focus is to increase your understanding of mental health topics and provide tools, strategies, and resources to support your emotional well-being. Be aware that these workshops are not a substitute for therapy which is a healing process tailored to meet your own individual needs. We cant do it alone we need your support. Please consider making a donation to support us in our effort to reach out and help more individuals and communities. Your contribution will enable us to eliminate the barriers to mental health education, resources and tools by offering free and low-cost mental health workshops. Our articles are vetted by mental health professionals. The information in this article is not intended to replace advice from a licensed mental health provider. If you are facing a crisis or an emergency, please call 911 immediately or the National Suicide Prevention Lifeline at 988 within the U.S. Inner Peace PH may organize mental health workshops aimed at cultivating particular skills or insights, frequently through interactive engagement. These sessions are generally targeted towards professionals, including therapists, counselors, and social workers, along with individuals or groups striving to enhance their comprehension of mental health challenges. Mental health workshops usually emphasize developing particular competencies, such as counseling practices, crisis management, or mental health first response. Seminars are more educational, focusing on broader subjects like mental health literacy, stigma alleviation, or recent findings. Additionally, Inner Peace PH offers mental health awareness seminars across the Philippines. These informative gatherings are designed to elevate understanding and diminish stigma related to mental health. They serve as a venue for sharing crucial information regarding prevalent mental health disorders, coping mechanisms, and the significance of seeking assistance. By fostering knowledge and compassion, these mental health awareness seminars are instrumental in nurturing a supportive atmosphere for mental health within communities, educational institutions, and workplaces. Mental health awareness seminars and workshops in the Philippines assist in keeping mental health professionals abreast of effective practices, enhance their ability to aid individuals facing mental health challenges, and cultivate a deeper appreciation of the value of mental wellness in daily life. They also advance community awareness and empower participants to advocate for improved mental health services and support. Understanding mental health is key to fostering a positive and inclusive culture. Our expert-led sessions engage participants with actionable knowledge and resources. Take the first step toward a healthier, more supportive environment. Click here to read about our clinicians. Click here to see our contact details to inquire. Our Mental Health Awareness Workshop has three main objectives: To de-mystify and de-stigmatise the issue of mental health problems To gain an understanding of how mental health issues can affect people To enable you to provide better support and understanding to people with mental health issues The workshop will include many interesting, enlightening and useful subject areas such as: What do we mean by Mental Health? What does Mental Health include? The Symptoms Reasonable Adjustments Why bother about Mental Health in the workplace? If you would like to learn more about how we can help raise your organisation awareness of all matters relating to Mental health and Emotional Wellbeing then please contact us right away Empower Individuals with Knowledge: Give participants thorough information on a range of health-related topics, such as stress management, diet, physical fitness, and mental health. Promote Holistic Well-being: Promote an awareness of the connections between mental, emotional, and physical health while motivating participants to take a holistic approach to their well-being. Equip with Practical Tools and Strategies: Provide useful methods, approaches, and tactics that individuals can use into their everyday routines to improve their general state of wellbeing. Cultivate Mindfulness and Stress Reduction: Introduce mindfulness practices and stress reduction techniques to help participants navigate challenges and maintain a balanced and calm mindset. Encourage Healthy Lifestyle Choices: Inspire participants to make informed and sustainable choices related to nutrition, physical activity, sleep, and other lifestyle factors that contribute to well-being. Create a Supportive Community: Foster a sense of community among participants, providing a supportive environment for sharing experiences, challenges, and successes in their well-being journey. Build Resilience and Coping Skills: Enhance participants resilience by imparting coping skills and strategies to effectively manage stress, setbacks, and lifes challenges. Facilitate Behavior Change: Support participants in setting realistic health goals and guide them through the process of behavior change to promote lasting well-being. Encourage Regular Physical Activity: Promote the importance of regular physical activity by incorporating practical exercises and demonstrations into the workshops. Raise Awareness on Mental Health: Increase awareness and understanding of mental health issues, reducing stigma and fostering an open dialogue around mental well-being. Measure Impact and Participant Satisfaction: Implement a robust evaluation process to measure the impact of the workshops on participants knowledge, behaviors, and overall satisfaction. Facilitate Ongoing Support and Resources: Establish mechanisms for ongoing support, providing participants with access to resources, follow-up sessions, and community networks to sustain their well-being journey. NEXT >>

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