



## CASE STUDY | STATIC SYSTEMS GROUP

### OBJECTIVES

To implement Mental Health Awareness training for senior managers and establish a team of Mental Health First Aiders, ensuring that all staff have access to support for any mental health concerns and discussions.

### SOLUTIONS

We successfully conducted two cohorts of four-hour mental health awareness training for senior people managers to enhance their understanding of mental health issues in the workplace.

Additionally, we delivered a two-day Mental Health First Aid (MHFA) training program for nine exceptional employees, equipping them with the skills to support staff at Static Systems with mental health concerns and to guide them towards appropriate professional resources when necessary.

### BENEFITS

- Developing a culture of mental health inclusivity, offering safe spaces of support for everyone.
- Senior managers creating psychologically safer teams where their staff can engage in open, supportive conversations about their mental health.
- Nine staff across the organisation feel confident to support their colleagues with poor mental health and know how to appropriately handle a mental health crisis.



“Jess delivered the course exceptionally well and ensured that all employees understood the topics that were discussed.

The topics discussed were at times emotional, but Jess was empathetic and allowed employees to have ‘time out’ if necessary.

The Mental Health First Aider course has enabled our employees to gain a deeper understanding of mental health as a whole. They have obtained new knowledge and skills that can be used both internally and externally to help others as well as themselves.

We most definitely recommend Jess; she provides an impeccable training course.

Jess, thank you again.”

**Neil Hodgkiss**

Static Systems Group LTD