

COURSE CONTENT OVERVIEW

Mental Health and Wellbeing in Hospitality



This Mental Health and Wellbeing in Hospitality course is suitable for anyone working within the hospitality industry. It will provide you with skills and knowledge to help your mental health and wellbeing, along with a downloadable weekly wellness planner.

This course outlines the fundamentals of mental health and explores proactive and reactive approaches to dealing with it. It sheds light on the mental health issues faced by those within the hospitality industry, and why. Furthermore, it details how you can support mental health in the industry, from both a managerial and employee point of view.

Module 1: Mental Health and Wellbeing

Mental health and wellbeing is something we all need to take care of, with 1 in 4 people in England experiencing some kind of mental health problem each year. There are many factors which may lead to poor mental health such as biological, social and psychological factors. This module will cover:

- What is mental health?
- Types of mental health problems
- Common causes and signs
- Stigma surrounding mental health
- When to seek help
- Mental health, the law and work

Module 2: Mental Health in Hospitality

Those working in hospitality will face unique challenges to their mental health caused by working in high pressure and fast paced environments, amongst other stressors. It is important to be aware of the key stressors this industry can have, and how it can impact on your mental health. This module will cover:

- Why mental health problems are common in hospitality
- Key stressors in the workplace
- Statistics
- Case studies

Module 3: Supporting Mental Health and Wellbeing in Hospitality

Being proactive in your wellbeing will help you better manage your mental health, but it can be a great challenge. It is important to practice proactive measures in order to protect your mental health, but it is also important to know reactive measures and how to manage mental health, and where you can find support in the workplace and beyond. This module will cover:

- Looking after your mental health and wellbeing
- Managing mental health and wellbeing proactively
- Managing mental health and wellbeing reactively
- The Five Ways to Wellbeing
- Supporting mental wellbeing
- So, why work in hospitality?

Aims of the training

By the end of this course, you will understand:

- That taking a proactive approach to mental health and wellbeing can be beneficial.
- Some of the different types of mental health problems that people may face, and that every person is different. This means that strategies that may work for one, may be different for others.
- How to identify symptoms and signs of mental ill health - both in yourself and others.
- Why mental health is such a problem in the hospitality industry.
- How to recognise the key stressors and causes of mental ill health in hospitality.
- The skills needed to effectively manage mental health and wellbeing, from a managerial and employee point of view.
- In serious cases, it is always best to get help from a professional.
- How to confidently manage your mental health, and in doing so, enjoy a well-rounded career in hospitality.