

PSYCHOLOGICAL HEALTH & SAFETY IN THE WORKPLACE

CERTIFICATE PROGRAMS AT THE BASIC, ADVANCED, AND MANAGER'S LEVELS



Work to live.



Basic

This course is designed to help organizations bring their employees up-to-speed on their roles in maintaining a psychologically healthy and safe work environment, providing a stronger understanding of PHS concepts. This course is **applicable to learners and employees of all levels and abilities**. Students must have an interest in this subject. It is essential that the candidate have access to a computer with an Internet connection.

Manager

The courses in this certificate program provide in-depth learning on key principles and considerations for managers in supporting employees with psychological health issues. Students will also enhance their emotional intelligence skills, enabling them to effectively manage emotionally distressed employees. This certificate is suitable for **those in management roles in Saskatchewan who support individual employees** experiencing emotional distress or mental health issues or disorders.

Advanced

This certificate will be beneficial for **organizational leaders looking to implement workplace psychological health and safety management systems** for all employees in the province of Saskatchewan. It is suitable for those working in supervisory positions within Occupational Health and Safety units, Human Resources departments, or a unit responsible for implementing overarching organizational health strategy.

Learning Objectives for the UFred Manager Certificate ▼

- ▶ Increasing awareness & knowledge about Mental Health presentation in the workplace
- ▶ Outlining roles & responsibilities for managers regarding Mental Health issues in the workplace
- ▶ Understanding how to manage & accommodate workplace Mental Health issues
- ▶ Enhancing managers' emotional intelligence skills in supporting the individual employee experiencing emotional distress or experiencing mental health issues

