



supporting  
social  
employers

## Supporting Employees with Mental Health Conditions



A common query for the EVH HR Support team is from managers seeking advice on how best to support employees with mental health conditions in the workplace. HSE state that one in four people will have a mental health condition at some point in their lives. Therefore, supporting employees going through difficult times and suffering with their mental health often features in a managers role and is key to supporting a mentally healthy workplace.

This session will be hosted by Dr Kerry Freer from our Occupational Health Partner, Optima Health, who will provide information on the following areas:

- Mental health conditions that employees might experience
- Reasonable adjustments which might be advised by occupational health
- How managers can support employees wellbeing
- When it is appropriate to make a referral to occupational health and practical information about how to make a referral.

Delegates will also have the opportunity to ask questions.

The session is aimed at **managers or HR professionals in our member organisations** and will take place online via Zoom.

### **TIMINGS**

**2.00pm**

**Session starts**

**3.30pm**

**Session concludes**

### **COSTS**

This session is for members only and is free.

### **HOW TO BOOK**

If you wish to book, simply complete and return the booking form to secure your place. Contact [Events@evh.org.uk](mailto:Events@evh.org.uk) or call the EVH office on 0141 352 7435 if you have any questions.

**Thursday 20 March 2025**  
**Online via Zoom**