



MENTAL HEALTH CHAMPION PROGRAM

A FICCI HR Committee Initiative
(In collaboration with Unilever)

August 10, 2021 | 1130 Hrs – 1600 Hrs
(including 30 minutes lunch break)



PROGRAM DESIGN

Introduction and setting context for Mental Health

- Introduction to the MHC Program
- Role of Mental Health Champion
- Overview of Mental Health in workplace
- LARAS Model
- Common Mental Health Issues
- **Depression:** what it is, symptoms, risk factors, self-help strategies and signposting
- **Anxiety:** what it is, symptoms, risk factors, self-help strategies and signposting
- **Stress:** what it is, symptoms, risk factors, self-help strategies and signposting
- **A Quick recap on the LARAS model**
- **Associated Factors**
 - Guilt
 - Drugs and Alcohol
- **Suicide prevalence, signs, and risk**
- **MHC Interpersonal Skill Development**
 - What to say and not to say
 - Empathy
 - The Conversation Cycle
- **Capability Building & support for MHCs**

Closing Remarks

WAY FORWARD AND RESOURCES

The trained MHCs will then be provided with requisite resources to further cascade the MHC interventions within their organizations. Rhythmic engagement avenues will be provided to build capability of trained MHCs and encourage across industry knowledge sharing.

Registration Fee

INR 1000
plus GST per participant

FICCI- Unilever Mental Health Championship Program aims to create psychological safety at workplace to equip and enable employees to have conversations with peers and colleagues on issues of Mental Health. It aims to destigmatize the domain of mental wellness to foster and create an army of volunteers in an organisation to address mental health concern among employees at first hand level.

PROGRAM OBJECTIVES

- Creating awareness around destigmatising mental health challenges and concerns at Indian workplaces
- Evolving a workplace culture infused with psychological safety
- Enabling mental health champions at workplace which provides a platform for employees to discuss mental issues with colleagues and friends at work.
- Create the first line of support system within the organisation for mental health concerns

PROGRAM TAKEAWAYS

- Spot the early signs and symptoms of mental ill-health
- Start a supportive conversation with a colleague who may be experiencing a mental health issue or emotional distress and listen to the person non-judgementally.
- Assess the risk of suicide or self-harm.
- Encourage the person to access appropriate professional support or self-help strategies.
- Escalate to the appropriate emergency services, if necessary

TARGET AUDIENCE

- Passionate for mental wellbeing in respective organisation with some prior training experience
- Preferably (not mandatory) some background in mental health, psychology, counselling, health, and wellbeing
- Selected/ nominated by organisation to be part of the initiatives and wants to drive this in respective organisation

Note – Bulk Nominations in group of Five, Eight or Ten invited from organisations - from across functions and sectors.

For Registration/ Nomination Please Contact

🏠 Darshana Barman

✉️ darshana.barman@ficci.com

☎️ +91-89 7912 8948