

REACTMH across JUCD

Many studies have shown that line managers, supervisors and leaders can significantly impact, both positively and negatively, on the mental wellbeing of the people in their teams. Long term negative impact on mental health can be significantly reduced where managers receive training in identifying the need for and successfully engaging in supportive mental health and wellbeing conversations.

REACTMH

Get in touch at uhdb.support@nhs.net if you are interested in getting involved in **REACTMH** training.



Your data

The information you share in the REACTMH conversation will remain strictly confidential between you and the Practitioner. However, if as part of the discussion you disclose something that puts either you or another person at risk, or it is felt that further support would be beneficial, the practitioner will share this information to ensure any supportive measures are put in place to minimise any potential risk to yourself, colleagues, patients or members of the public.

The information you share will remain confidential and any paperwork will be retained securely by the Wellbeing team.

This data will NOT be added to your medical or any HR files and it will not be used for any other purpose than supporting your welfare following the incident.

Contact



Wellbeing Hub, Level 5, RDH

uhdb.support@nhs.net

Wellbeing

Joined Up Care Derbyshire

REACTMH

Supportive
Mental Health
conversations

Wellbeing
conversations

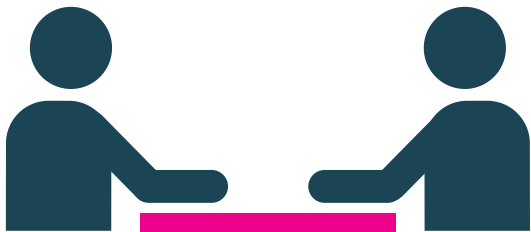
Training
for
Managers

Active
Listening
Skills

What is REACT Mental Health?

REACTMH is an evidence-based active training session which enhances mental health awareness by enabling managers to identify, engage with and support people in their teams who may be struggling with their mental health and wellbeing.

The training is designed to improve supervisor's confidence in initiating supportive wellbeing conversations.



Who is REACTMH training for?

REACTMH is training for managers to help them identify mental health and wellbeing issues within their staff.

REACTMH is a tool which aims to help managers to have psychological and supportive conversations with colleagues about their mental health and wellbeing. Having a supportive conversation with a colleague within the place is key to keeping well.

How does REACTMH work?

REACTMH training is recommended for all managers, supervisors and team leaders. The training session lasts for approximately 90 minutes and is accessed by emailing uhdb.support@nhs.net.



What does a REACT conversation look like?

Recognise	a colleague may have a problem.
Engage	with them in a conversation.
Actively Listen	and observe their body language.
Check Risk	are they having 'dark thoughts'?
Talk	about specific options of support.