

An important qualification from The At Work Partnership

# qualification



## Certificate in Managing Mental Health at Work

10-12 June 2026 – A Virtual Course

A practical three-day qualification from The At Work Partnership designed to give OH professionals the in-depth knowledge, strategies, skills and techniques to successfully manage mental health at work

Course director and chair: *Dr Nerys Williams*, independent occupational physician

CPD: Self-certification schemes: 17 hours

An important qualification from The At Work Partnership



With the support of Brunel University London



- > Workplace strategy and interventions
- > Controlling risks
- > Managing cases & the OH consultation
- > Responding to trauma
- > Alcohol and substance misuse
- > Assessing fitness for work
- > ADHD and autism
- > Reasonable adjustments
- > Return to work plans
- > Legal compliance

*"Brilliant course, one of the most informative courses linked to mental health at work that I have attended, thank you."*

Kate Kyne, head of occupational health and wellbeing, Wavin Ltd

*"Excellent and a must do course for any professional dealing with mental health in the workplace."*

Roslyn Agyei-Donkor, specialist OH nurse practitioner, University Hospitals Dorset NHS Foundation Trust



# Programme Summary

The full course programme can be found on our website: [www.atworkpartnership.co.uk](http://www.atworkpartnership.co.uk)

## DAY 1: Wed 10 June 26

- 8.55 **Registration**
- 9.00 **Welcome and introduction**  
*Dr Nerys Williams*
- 09.10 **Understanding mental health and its impact on work**  
*Dr Paul Litchfield*
- Key drivers of wellbeing
  - Effect on business performance
  - Selling the case for mental health
- 10.40 **Evidence review of workplace interventions**  
*Dr John Ballard*
- Evidence review – what does and doesn't work?
- 11.45 **Devising a workplace strategy**  
*Dr Paul Litchfield*
- Effectiveness of 'mental health policies'
  - Good practice • Evaluation and reporting
- 13.00 **Lunch**
- 14.00 **Risk assessment**  
*Dr Jo Rick*
- HSE stress management standards • Case studies
- 14.45 **The biopsychosocial model**  
*Dr Nerys Williams*
- 15.30 **Ensuring legal compliance\***  
*Prof Diana Kloss*
- Looks at issues including
- Consent and confidentiality
  - Mental capacity • Fitness for work, disability discrimination
- 16.55 **Close of day one**

\*Covers UK law, in particular, the law of England and Wales

## DAY 2: Thurs 11 June 26

- 8.55 **Registration**
- 9.00 **How should OH professionals approach cases?**  
*Dr Peter McAllister*
- A look at the common cases that may present at work – and how OH should respond to them. Conditions covered include depression, anxiety, panic disorder, obsessive-compulsive disorder and bipolar disorder.
- What to expect from treatments/interventions
  - Reasonable adjustments in practice for different conditions
  - Understanding patterns of recovery • Timings for return to work • Likelihood of recurrence
- 13.00 **Lunch**
- 14.00 **Course assignment**
- 14.20 **Reasonable adjustments**  
*Dr Nerys Williams*
- Aims and evidence base
  - Review, timescales and when to stop • Getting agreement
- 15.20 **The OH consultation: best practice**  
*Dr Sally Coomber*
- The management referral
  - The consultation itself – including consent and a mental state examination
  - Discussing appropriate disclosure of condition to manager • Managing risk to self or others
- 16.35 **Final questions**
- 16.45 **Close of day two**

## DAY 3: Fri 12 June 26

- 8.55 **Registration**
- 9.00 **Assessing fitness for work**  
*Dr Samantha Phillips*
- Psychosocial considerations
  - Screening questionnaires and other tools • Safety-critical roles • Medication
- 10.05 **Alcohol & substance misuse**  
*Dr Samantha Phillips*
- Organisational response**
- Substance misuse policies
  - Testing in the workplace
  - Advising on fitness for work
- 11.00 **Alcohol & substance misuse**  
*Annikka Lindberg*
- Supporting the individual**
- Recognising the signs
  - Advice to managers
  - Handling difficult conversations
  - Intervention principles and outcomes
- 11.55 **Responding to trauma**  
*Paul Anthony*
- Risk factors • PTSD and other conditions explained • OH and organisational responses
- 13.10 **Lunch**
- 14.10 **ADHD and autism**  
*Professor Marios Adamou and Dr Tim Fullen*
- How to manage these conditions at work
- 15.30 **Keeping people working productively and successful return to work**  
*Dr Sally Coomber*
- Return-to-work plans
  - Reports for management
  - Wellness Action Plans
- 16.15 **Useful resources**
- 16.30 **Close of course**

# Certificate in Managing Mental Health at Work

This practical three-day qualification organised by **The At Work Partnership** with the support of **Brunel University London**, is designed to give OH professionals the in-depth knowledge, strategies, skills and techniques to successfully manage mental health at work. It will look at the impact and examine the promotion of good mental health at work; fitness for work; reasonable adjustments; and reducing presenteeism and sickness absence through prevention, support at work and effective return-to-work programmes.

The course brings together some of the leading experts in their fields and is taught using a combination of lectures and group work.

The outstanding expertise of the lecturing team will ensure that you come away with the detailed knowledge and skills to successfully manage mental health in your own workplace.

## Who is the course designed for?

The course is designed for OH professionals. Professionals with responsibility for OH and/or the mental health of employees may also benefit from attending.

## Assignment and certification

Delegates must attend at least 80% of the course. Following the course, students who successfully complete an assignment, demonstrating their understanding of the theory and skills taught in the course, will be awarded the *Certificate in Managing Mental Health at Work*.

## How will gaining this qualification benefit you and your organisation?

### You will gain:

- A comprehensive understanding of the effectiveness of different strategies/interventions – so that you can review what will work in your workplace
- Detailed knowledge and practical skills to manage specific cases including an in-depth understanding of different conditions
- The ability to assess the severity of a condition and its impact on a person's job – so that you can recommend the best interventions for a particular case
- Enhanced understanding for your OH consultations and in giving advice to managers
- In-depth understanding of reasonable adjustments in practice
- Advice on tools, resources and action plans
- Guidance on the relevant law

**Gaining this qualification will help you to employ the right strategies and interventions to successfully manage mental health in your workplace and create a more engaged and productive workforce.**

## ABOUT OUR EXPERT TUTORS

Full tutor biographies can be found at [www.atworkpartnership.co.uk](http://www.atworkpartnership.co.uk)

**Course director: Dr Nerys Williams** is a specialist in occupational medicine and has worked in public and private sector OH roles for over 20 years.

**Dr Paul Litchfield CBE** has practised occupational medicine for 40 years and is currently independent chief medical adviser to both ITV and Compass Group.

**Dr John Ballard** has been researching and writing on OH and disability issues for over 25 years. He edits the *Occupational Health [at Work] journal*.

**Dr Jo Rick** is a chartered occupational psychologist at the Health and Safety Executive and has published widely on workplace mental health.

**Dr Peter McAllister** is a psychiatrist with a strong occupational focus and particular expertise in mental health and occupational performance.

**Prof Diana Kloss MBE** is a barrister, former employment judge and honorary senior lecturer in OH law at the University of Manchester.

**Dr Sally Coomber** has worked in the NHS and at Public Health England, and is a past president of the Society of Occupational Medicine.

**Dr Samantha Phillips** is an occupational physician and is head of health and wellbeing at Transport for London.

**Annika Lindberg** is a chartered counselling psychologist who specialises in gambling addiction and stress management.

**Paul Anthony** is a consultant cognitive behavioural psychotherapist at Working Minds UK.

**Prof Marios Adamou OBE** is a consultant psychiatrist in neurodevelopmental psychiatry (ADHD and ASD) at South West Yorkshire Partnership NHS Foundation Trust.

**Dr Tim Fullen** is a consultant clinical psychologist and clinical neuropsychologist at South West Yorkshire Partnership NHS Foundation Trust.

# Booking information

Certificate in Managing Mental Health at Work: 10 – 12 June 2026. A Virtual Course

**SPECIAL OFFER:** Save up to £100 + VAT with our early bird rates! Available for bookings paid before 20 April 2026

## Early bird rate:

For bookings paid **before** 20 April 2026  
£1369 + VAT (£1642.80) per delegate  
£1169 + VAT (£1402.80) per delegate, reduced rate for NHS Health at Work network members

## Main rate:

For bookings paid **after** 20 April 2026  
£1469 + VAT (£1762.80) per delegate  
£1269 + VAT (£1522.80) per delegate, reduced rate for NHS Health at Work network members

## ADMINISTRATION

**Format:** The course will be held virtually on Zoom.

**Cancellation policy:** For cancellations received in writing 28 days or more before the course commences, we will provide a refund, less a 10% cancellation fee. If the cancellation is received less than 28 days before the course start date, no refund will be made. At any time before the course commences, we will accept an alternative delegate from your organisation.

**Printed documentation:** Printed documentation will be posted to arrive with paid delegates 3 working days before the event. Please provide a home address/preferred address at the time of booking for receipt of this documentation.

**Attendance requirements:** Delegates must attend at least 80% of the course in order to undertake the assignment and gain the Certificate.

**Assignment and certification:** Following the course, students who successfully complete an assignment, demonstrating their understanding of the theory and skills taught in the course, will be awarded The At Work Partnership's Certificate in Managing Mental Health at Work.

## HOW TO BOOK

To secure your place use one of the 3 methods below

- 1 Book online: [www.atworkpartnership.co.uk](http://www.atworkpartnership.co.uk)
- 2 T: 0208 344 2328
- 3 E: [conferences@atworkpartnership.co.uk](mailto:conferences@atworkpartnership.co.uk)

**BOOK ONLINE NOW**  
[www.atworkpartnership.co.uk](http://www.atworkpartnership.co.uk)

**Zoom:** If necessary, we can arrange rental of laptop/iPad for a small additional fee.

**Special requirements:** If you have any special needs, please let us know in advance and we will be delighted to try and help.

## ABOUT THE AT WORK PARTNERSHIP

Dedicated to bringing high quality, good value conferences and courses to OH and allied health professionals, **The At Work Partnership** researches the subjects that really matter to professionals in your field, and sources speakers who are true subject experts.

All delegates receive a Certificate of Attendance and can gain additional CPD by participating in further learning after the conference/course, via The At Work Partnership's CPD scheme.

## ABOUT BRUNEL UNIVERSITY LONDON

Brunel University London's College of Health, Medicine and Life Sciences runs the NMC accredited Specialist Community Public Health Nursing (SCPHN) for entry on Part 3 of the NMC register for three pathways namely OH, Health Visiting and School Nursing. Part 3 registration is sought by many OH employers. The College prides itself in delivering high quality professional and public health education in line with the University's mission "to bring benefit to society through excellence in education, research and knowledge transfer".

Find out more at: <https://ohaw.co/Brunel-1>

This programme was correct at time of going to press. In unavoidable circumstances, we reserve the right to change or cancel this event. If we do need to cancel this event, our liability is limited to a refund of fees.