



Let's continue to talk about Mental Health

The Nuffield Department of Medicine strives to create an environment in which its staff can fully engage, develop and flourish. In support of this goal we are excited to have launched a campaign to raise awareness of mental health in the workplace.

In partnership with [Mental Health First Aid England](#) (MHFA), NDM is continuing to provide training designed to equip staff with the skills to recognise and respond to the signs and symptoms of mental health problems or crises, with the aim of raising awareness, reducing stigma and improving peer support for our staff.

New Training opportunities

Following on from the successful sessions we delivered previously. There will be two further introductory awareness sessions on offer, these sessions will be available to NDM staff only.

Session overview: This introductory 4 hour mental health awareness session is suitable for all staff and is designed to give:

- An understanding of what mental health is and how to challenge stigma;
- An introduction to looking after your own mental health and maintaining wellbeing; and
- Confidence to support someone in distress or who may be experiencing a mental health issue.

Dates & times:

Tuesday 7th June 9:15am – 1:15pm

Or

Wednesday 15th June 1pm – 5pm

The sessions will be delivered online. Numbers are limited to 25 people per session.

How to book: please email learning.development@ndm.ox.ac.uk , places will be allocated on a first come first served basis.

For all training opportunities we hope to engage as diverse a range of people as possible and particularly welcome LGBTQIA+ and BAME staff.

For details on the wellbeing support service available across the University please visit the NDM Health and well-being [page](#)

For details on the NDM Mental Health allies network please visit [NDM Mental Health Allies – Working for NDM \(ox.ac.uk\)](#)

