Title: Promoting Mental Health in the Workplace: A One-Day Workshop

Morning Session: Understanding Mental Health

1. **Introduction to Mental Health at Work**
   - Defining mental health and its significance in the workplace.
   - Recognizing the impact of mental health on productivity and organizational culture.
2. **Recognizing Signs of Mental Health Issues**
   - Identifying common signs and symptoms of mental health challenges in the workplace.
   - Discussing the importance of early intervention and support.
3. **Creating a Supportive Workplace Culture**
   - Fostering a stigma-free environment where employees feel comfortable discussing mental health.
   - Strategies for promoting empathy, understanding, and inclusivity.

Afternoon Session: Building Resilience and Support Systems

4. **Stress Management and Resilience**
   - Techniques for managing stress and building resilience in the workplace.
   - Practical exercises and tools for enhancing well-being.
5. **Promoting Work-Life Balance**
   - Understanding the importance of work-life balance for mental health.
   - Tips for setting boundaries and managing workload effectively.
6. **Providing Mental Health Support**
   - Implementing employee assistance programs (EAPs) and mental health resources.
   - Training managers to recognize signs of distress and offer support.
7. **Action Planning and Integration**
   - Reviewing key takeaways from the workshop.
   - Developing an action plan for implementing mental health initiatives in the workplace.