

PSYCHOLOGICAL HEALTH & SAFETY IN THE WORKPLACE

CERTIFICATE PROGRAMS AT THE BASIC, ADVANCED, AND MANAGER'S LEVELS



Basic

This course is designed to help organizations bring their employees up-to-speed on their roles in maintaining a psychologically healthy and safe work environment, providing a stronger understanding of PHS concepts. This course is **applicable to learners and employees of all levels and abilities**. Students must have an interest in this subject. It is essential that the candidate have access to a computer with an Internet connection.

Manager

The courses in this certificate program provide in-depth learning on key principles and considerations for managers in supporting employees with psychological health issues. Students will also enhance their emotional intelligence skills, enabling them to effectively manage emotionally distressed employees. This certificate is suitable for **those in management roles in Alberta who support individual employees** experiencing emotional distress or mental health issues or disorders.

Advanced

This certificate will be beneficial for **organizational leaders looking to implement workplace psychological health and safety management systems** for all employees in the province of Alberta. It is suitable for those working in supervisory positions within occupational health and safety units, human resources departments, or a unit responsible for implementing overarching organizational health strategy.

Learning Objectives for the UFred Manager Certificate ▼

- ▶ Increasing awareness & knowledge about mental health presentation in the workplace
- ▶ Outlining roles & responsibilities for managers regarding mental health issues in the workplace
- ▶ Understanding how to manage & accommodate workplace mental health issues
- ▶ Enhancing managers' emotional intelligence skills in supporting the individual employee experiencing emotional distress or experiencing mental health issues

UFRED IS FOCUSED ON: **CREATING SAFE WORKPLACES**

Psychological Health & Safety concerns everyone, and we can all do our part. Organizations need to learn to mitigate PHS issues that arise in the modern workplace, leaders need to be able to evaluate their own awareness, and all employees need to buy in to the personal responsibilities necessary in a psychologically safe workplace.

UFred offers certificate programs for individuals interested in managing and implementing PHS concepts at the Basic, Managerial, and Advanced levels. Through the Centre for Psychological Health and Safety, UFred delivers individual courses aimed at educating employees on how to prepare and be responsible. All PHS courses are available completely online and are self-paced.

This training is available only to workers who are both employed by Alberta employers and who live and work in Alberta.

1-5
TOTAL
COURSES

\$172.50 BASIC
\$517.50 MANAGER
\$862.50 ADVANCED

3
DIFFERENT
OPTIONS

100%
SELF PACED
COURSES

100%
ONLINE
COURSES

BECOME A **PH&S LEADER** IN THE WORKPLACE

Help create workplaces
where everyone is
psychologically safe

