



# Workplace Peer-Supporter



BY



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[cycleagainstsuiticide.com/workplace/](https://cycleagainstsuiticide.com/workplace/)



**At its core, Cycle Against Suicide's evidence-based workplace mental health peer-support training is about people supporting people. Our programme equips employees with skills & empathy to support colleagues facing stress or distress. Organisations who invest in mental health peer support training foster a culture of empathy and support which is key to unlocking the full potential of an organisation's human capital.**

The benefits are profound and far-reaching. Firstly, it **creates a compassionate network** within a workplace, forming bonds that extend beyond professional duties. Trained employees become the eyes and ears of the workplace, attuned to subtle shifts in their colleagues' well-being. This heightened awareness fosters a culture of genuine care and concern.

Secondly, our workplace mental health peer-support training **enhances communication and problem-solving skills**. Participants learn active listening and problem solving techniques, enabling them to offer empathetic understanding and help without judgment. This not only aids in early intervention but also cultivates an environment where individuals feel heard and valued.

Furthermore, our workplace peer-support training **enhances overall resilience**. Employees armed with the tools to support their colleagues will navigate their own challenges with greater ease. The reciprocal nature of mental health peer support training fosters a positive feedback loop, reinforcing a culture where everyone is invested in each other's success and well-being.

The benefits of Cycle Against Suicide's peer support workplace programme extend beyond the interpersonal dynamics of an organisation. **Companies that prioritise mental health peer support training witness a notable improvement in productivity and employee engagement**. By proactively addressing stress and distress, organisations can mitigate the impact on absenteeism and turnover, ultimately safeguarding their most valuable asset – their people.

By empowering employees to be advocates for mental health, companies create a workplace that not only survives but thrives.

*Our workplace peer-support training programme comprises 2 full days and accredits 13.5 CPD points.*

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