

Managing Anxiety

E-Learning

This course provides training with the aim to enable delegates to identify and cope with their anxiety.

25 minutes



Online Learning



Institution of Occupational
Safety and Health

About the course

Over 12.8 million working days lost each year in the UK due to work-related stress, depression, or anxiety. Employers should provide their staff with an understanding of how to identify and cope with anxiety to ensure the positive wellbeing of their workforce. For every £1 an organisation invests in the mental wellbeing of its employees, they can expect to see an average return of £4.20.

Available in 35 languages. Machine translated* content is included and includes navigation, transcripts and test questions.

*Content which is not English may be machine translated and is for assistive purposes only. We cannot guarantee the accuracy of translations.

Who should attend

Any delegates who require knowledge in how to manage anxiety. This online training course helps delegates to understand how to recognise and approach anxious thoughts.

Course syllabus

The course modules cover:

- Introduction to anxiety
- Ideas & techniques.

Certification

Delegates will receive a HSS printable certificate in Managing Anxiety upon completion of the course. This course is approved and accredited by IOSH.

For General Queries

Contact our customer services team:

workplace-training@sja.org.uk

Or call us on

0344 770 4800

Lines are open Mon-Fri 8.30am-5.30pm

Course brought to you by St John Ambulance in partnership with IHasco training.

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