

# Psychosocial Wellbeing in the Workplace: Supporting Healthcare Practitioners

## Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

### Your details

Your name:

Date completed:

Activity Name: Psychosocial Wellbeing in the Workplace: Supporting Healthcare Practitioners

Learning outcomes

- Define psychosocial risks and why they are important in healthcare settings.
- Explain common psychosocial risk factors for healthcare workers, such as high job demands, poor support, workplace conflict, and exposure to trauma.
- Identify early signs of psychosocial distress in themselves and colleagues, including behavioural, emotional and physical indicators.
- Describe how positive psychosocial factors contribute to a mentally healthy workplace and the role of everyone in supporting wellbeing.
- Assess the effectiveness of evidenced-based strategies for improving mental health at work.
- Identify sources of support, whether through workplace programs or external mental health resources.

Time spent engaged  
in the activity:

(including completing this form)

After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?



