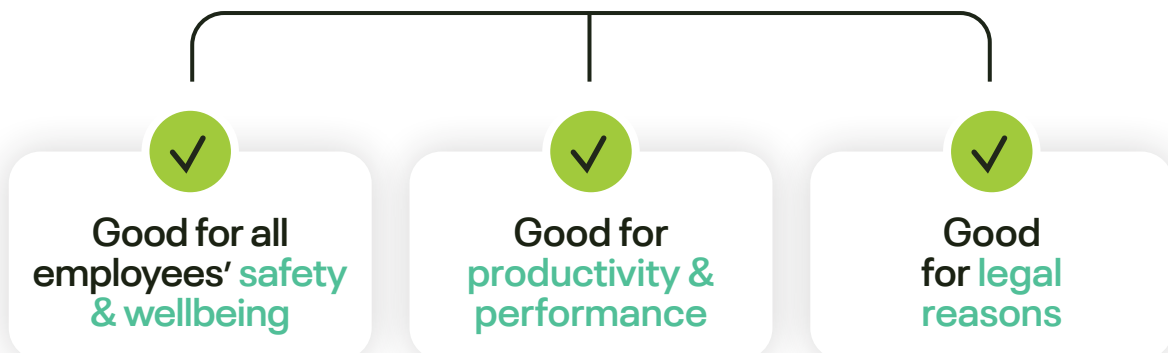


Leading Mental Health

“Managing mental health is just as important as managing physical health. Are you paying it the full attention?”



Essential group training that is



“ With **\$904.9 million*** paid in work related mental health conditions, local regulators are putting more rigour in place. **Be Ready!** ”

**Worksafe Australia, 2022*

1. How to Act...

- 1 Essential knowledge, the myths & facts
- 2 Common mental health issues at work and how to identify and support others to have productive working lives
- 3 The mental health checklist & providing ongoing support

3. How to Prioritise and Promote...

Self:

- 1 How to prioritise your own mental health
- 2 Developing my mental health plan

Lead:

- 3 The importance of role modeling when promoting mental health
- 4 The essential leading mental health skills all leaders need to master

Leaders

½ day workshop

A framework for Australian leaders - A best practice learning experience.

Mental Health 101

Knowledge is power, the fundamentals everyone needs to understand.

- 1 What is mental health?
- 2 The causes of mental health issues in Australia and around the world
- 3 The impact of mental health on workplaces and in our communities
- 4 What does a mentally healthy workplace look like?

How to Act when I or others need mental health support.

How to Prioritise and Promote my own and others mental health.

How to use policies, procedures & regulations to better protect workers.

2. How to use policies, procedures and regulations...

Internal:

- 1 Policies and procedures that protect employees
- 2 The importance of psychological safety in teams

External:

- 3 Psychosocial risk legislation update
- 4 Relevance state code of practice

Employees

2 hour workshop

Fundamentals for employees - What every employee needs to know.

“

One of the best courses I've ever completed & as a leader I now have tools to become a better leader to assist my team on a daily basis

- Global Food Manufacturer

Program Outlines

Leading Mental Health

Training for Leaders

Managers and Leaders must have the confidence to talk about mental health and wellbeing in the workplace. Our resident **Organisational Psychologist** has provided expert advice to make sure the program contains the most up to date, accurate and relevant information.

The content and resources have been developed in accordance with the **Government's Mental Health and Wellbeing Charter**. It includes practical tools and resources with the latest psychosocial risk obligations your leaders need to understand and promote.

Our **Instructional Designer** has ensured the program has a clear framework and supports adult learning principals.

This means you can be confident the program provides accurate information in a format your leaders will remember and use long after the training is completed.

Specifications:

- ✓ 1/2 day training workshop
- ✓ Facilitated by a qualified organisational psychologist or professional wellbeing coach
- ✓ Up to 16 leaders

Choose an am or pm session

AM: 9:00 - 1:30 *including lunch break*

PM: 12:00 - 4:30 *including lunch break*



Engaging participant workbook

Detailed workbook that will provide knowledge reminders and support tools

Prioritising Mental Health Workshop for Employees

Your employees will walk away with an **increased awareness and understanding of the mental health issues** impacting workplaces today.

This **2-hour program** provides employees with accurate and relevant information in a way that is engaging and supports adult learning principles. You can use the program as part of your broader mental health education strategy, as part of your induction program for new employees or as a remedial action when you identify teams that require additional education and support.

Specifications:

- ✓ Up to 36 employees
- ✓ 2 hours

Refresher for Leaders

Knowledge is power and your Leaders need to regularly update & develop the knowledge, skills and behaviors that are critical to effectively lead mental health.

Our **2.5 hour refresher training course** is available to leaders who have completed the full Leading Mental Health program **in the last 18 months**.

Specifications:

- ✓ Up to 20 Leaders
- ✓ 2.5 hours

Keep your leaders learning & leading Mental Health



Masterclass Psychological Health and Safety

This workshop provides powerful knowledge and practical guidance on how to comply with obligations for all employees and where to begin.

It answers what are psychosocial hazards and risks, and how does the new legislation impact leaders and employees. It includes practical tools and take aways leaders can start to implement to be a better colleague and psychological safety leader.

Specifications:

- ✓ Up to 20 leaders
- ✓ 2 hours

Want to know more?

Please don't hesitate to get in touch with any questions about the program.
T 1300 245 203 W healthatwork.net.au E hello@healthatwork.net.au



Health at Work®