



## Workplace Mental Health and Wellbeing Training

Training Event	Suitable for		Duration	Min – Max
<b>Connecting with Mental Health and Wellbeing in the Workplace</b>	All staff		4 hours	10 - 25
<p><b>Objectives/Outcomes</b></p> <ul style="list-style-type: none"> <li>• Improve participant knowledge of, and attitude towards, mental health and understanding of how the workplace can influence mental health</li> <li>• Develop strategies and tools to allow participants to take responsibility for their own mental health and wellbeing</li> <li>• Improve strategies to cope with stress and managing a work/life balance</li> <li>• Developing skills required to identify and support others who may be struggling with mental health or life issues</li> </ul> <p><b>Key topic areas</b></p> <ul style="list-style-type: none"> <li>• What is mental health?</li> <li>• Understanding positive mental health and wellbeing</li> <li>• Taking down mental health barriers and dispelling myths</li> <li>• Common mental illnesses including depression, stress, anxiety, psychosis</li> <li>• Relevant workplace policies and procedures</li> <li>• The individual wellbeing and resilience monitor</li> <li>• Helping ourselves</li> <li>• Risk protective factors</li> <li>• Duty of care</li> <li>• Stress and the work/life balance</li> <li>• Inclusiveness in the workplace</li> <li>• Reaching out compassionately</li> <li>• Other mental health and information resources</li> </ul>				



Training Event	Suitable for	Duration	Min - Max
<b>Implementing Mental Health and Wellbeing in the Workplace – Practical Skills</b>	Managers and Supervisors	2 days	8 - 12
<p><b>Objectives/Outcomes</b></p> <ul style="list-style-type: none"> <li>• Improve participant knowledge of and attitude towards mental health</li> <li>• Develop participant ability to identify organisational and environmental issues that influence or impact on mental health</li> <li>• Develop knowledge and skills to build supportive settings and environments within the workplace that promote good mental health practices</li> <li>• Provide participants with mental health and wellbeing early intervention tools to support workers that are having personal or life difficulties</li> <li>• Provide participants with a suicide prevention, alertness and early intervention response tool to support workers at risk</li> </ul> <p><b>Key topic areas</b></p> <ul style="list-style-type: none"> <li>• What is mental health?</li> <li>• Understanding positive mental health and wellbeing</li> <li>• Taking down mental health barriers and dispelling myths</li> <li>• Common mental illnesses including depression, stress, anxiety, psychosis</li> <li>• Relevant workplace policies and procedures</li> <li>• Workplace mental health and wellbeing prevention and early intervention tools including suicide alertness</li> <li>• Dealing with factors that increase mental health risks including stress such as communication difficulties, personal conflict, generational attitudes, leadership and work/life balance</li> <li>• Inclusiveness in the workplace</li> <li>• Reaching out compassionately</li> <li>• Other mental health and information resources</li> </ul>			