Being mentally healthy and having appropriate support frameworks is an important requirement for vital and resilient individuals and workplaces. In this regard every workplace should be a mentally healthy workplace and an employees’ mental health should be as important as their physical health and safety.

The overall objective of the program is for businesses to be in a position to implement a mental health and wellbeing program in their workplace that suits their needs, resources and budget.

While the program is structured, the workshops will also be guided and shaped by shared participant goals, cluster feedback and common objectives.

Each cluster comprises seven – eight organisations that learn and work together, with each organisation encouraged to have two staff members participate.

Who Should Attend

The program is designed for:

- Employers and Business Owners
- Managers and Supervisors
- HR Personnel
- WHS Personnel and Committee Members

Outcomes

At the conclusion of the program organisations and participants will have:

1. An understanding of the components of workplace mental health and wellbeing.
2. Undertaken a situational analysis to determine their workplace mental health and wellbeing needs.
3. Aligned mental health and wellbeing with WHS and HR strategies and policies.
4. Developed a draft workplace mental health and wellbeing policy and framework.
5. Developed a draft action plan.

Structure of the Program

Three x 4-hour workshops at monthly intervals (12 hrs)

- Workshop 1 – Introduction to workplace mental health and wellbeing and undertaking a workplace situational analysis
- Workshop 2 – Creating a mentally healthy workplace – developing a workplace policy and linkages to practical resources
- Workshop 3 – Developing a workplace strategy and workplace program / action plan

Clusters run from 9.00am – 1.00pm.

Cost:

$3,000 (excl GST) per organisation. This entitles two people per organisation to attend and all course materials.

Enquiries / Expressions of Interest

Contact: admin@ozhelptasmania.org.au

EXPRESSIONS OF INTEREST

Cluster programs are run based on expressions of interest. It is our intent to run cluster programs, over Sep to Nov 2017 and Feb to April 2018.

If you would like to be a part of the next cluster, please send your expression of interest to:

Morgan Hodge – OzHelp Administration and Training Manager:
admin@ozhelptasmania.org.au or 03 6231 0919

Individual Workplace Programs

For those businesses where it is not practical to participate in a cluster program OzHelp Tasmania runs individual workplace programs (under the same structure as the clusters) that can be undertaken at a time to suit your individual workplace requirements.

For further information, OzHelp Tasmania on admin@ozhelptasmania.org.au or (03) 6231 0919.