

# Leading Mental Health

## Fundamentals for employees

What every employee needs to know

### A best practice learning experience.

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



### Awareness is the first step to creating a mentally healthy workplace

Our resident Organisational Psychologist & Instructional Designer have worked together to ensure 2-hour program provides employees with accurate and relevant information in a way that engaging and supports adult learning principles.

#### About Health at Work

Health at Work is an Australian organisation, dedicated to partnering with clients to create healthy workplaces.

We provide a range of online and in-person services to support you in prioritising the mental and physical wellbeing of your workforce.

Throughout our 20-year history, Health at Work has delivered contemporary and relevant programs that meet the needs of Australian workplaces. We are a passionate group of health and wellbeing professionals and we are proud of the positive impact our services have.



“ 92% of serious work-related mental health condition claims are attributed to work-related mental stress

Safe Work Australia, 2020



# It is essential that every person in your organisation understands how to support their own and others mental health

## Mental Health 101

1. What is mental health?
2. The three key contributors to mental health and wellbeing
3. The impact of Mental Illness in the workplace and community in Australia
4. The most common mental health issues in the workplace
5. Increasing awareness of suicide

## Prioritise your own mental health

1. The link between performance and stress
2. How to proactively build resilience
3. How to be positive wellbeing rolemodel at work and home
4. Your personal wellbeing plan



PRIORITISE

Mental Health 101

ACT

PROTECT

## Act confidently to support your colleagues

1. How mental health conditions show up at work
2. The impact of appropriate and inappropriate workplace behavior
3. Know how to have a wellbeing conversation

## Protect each other by understanding support services

1. Support services- internal and external
2. The impact on family, workplace and community
3. Understand your environment & resources
4. The psychosocial hazards that exist in your workplace

**Within 2.5 hours, your employees will walk away with an increased awareness and understanding of the mental health issues impacting workplaces today.**

The format can be enjoyed online or face to face for groups up to 50 people. 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.

## Investment

**\$4,950**

2 hour workshop  
Up to 50 employees per session

## Want to know more?

Please get in touch about this or any of our other health and wellbeing programs.

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