

Leading Mental Health

A FRAMEWORK FOR LEADERS

he@lth
work

Health at Work's Mental Health for Leaders program facilitates a best practice learning experience.

The content and resources have been developed in accordance with the Victorian Government's Mental Health and Wellbeing Charter. It includes practical tools and resources provided by RUOK and Beyond Blue's workplace unit Heads Up.



“Managers and Leaders must have the confidence to talk about mental health in the workplace”

Our resident Organisational Psychologist has provided expert advice to make sure the program provides accurate and relevant information. 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.

ABOUT HEALTH AT WORK

Health at Work is an Australian organisation that is 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 continued to deliver 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.



“1 in 4 Australians experience a mental health problem”

Beyond Blue, 2020

LEADING MENTAL HEALTH

THE 4 MENTAL HEALTH SKILLS & BEHAVIOURS YOUR LEADERS MUST HAVE

- Mental Health 101**
1. What is mental health?
 2. The 3 key contributors to mental health and wellbeing
 3. The impact of Mental Illness in the workplace and community in Australia
 4. What is a mentally healthy workplace - attributes?
 5. PERMA wellbeing Model

Act on mental health issues

Identify mental health issues and provide support, promote recovery, and return to work pathways for employees and peers.

1. Common mental health issues & common signs of mental health issues
2. Warning signs of suicide
3. Supporting employees with pre-existing mental health conditions
4. Seeking appropriate support
5. Return to work practices



Promote positive mental wellbeing in the workplace

1. Promoting our own mental health (self)
 - Proactive – Build resilience
 - Reactive – Stress indicators
 - Personal wellbeing plan
2. Promoting the mental health of our people (leadership)
 - The impact leaders have on the working environment.
 - Introduce 3 practical skills / behaviours to promote mental health of your people: Quality conversations, Develop an authentic leadership style, Delegate effectively

Protecting employees from mental health issues

1. Identifying and reducing work related risk factors
2. Policies, procedures, values & business rules to protect employees

“ In a 12-month period, over two million Australians experience anxiety ”

Beyond Blue, 2020 ”



You and your team will walk away with a tool kit of techniques, resources, and tools to positively lead mental health at work.

CLIENT COURSES

All costs are ex. GST

COST:	\$3950
DETAILS:	4 hours, up to 16 participants per session, onsite or online for your leaders only. Dates of your choice
MATERIALS:	Online ebook: included with online course. Printed workbook: included with onsite course.
CUSTOMISATION:	We can customise the 'Protect' section of the framework with your organisation's policies, procedures, values and business rules. Additional \$750.

ONLINE COURSES

COST:	\$495 per person - Set dates, see below		
MATERIALS:	Online ebook: included with course. Printed Workbooks: \$50 each		
COURSE DATES:	15th September 2020	9:00am – 1:00pm	Click here to book
	14th October 2020	1:00pm – 5:00pm	Click here to book

Book your place above, or for enquiries call 1300 245 203 or [email us](#)