



MENTAL HEALTH AWARENESS IN THE WORKPLACE

"Mental health is just as important as physical health in the workplace." -Dwayne Johnson

Mental Health Awareness in the Workplace is a course designed to help create an understanding of mental health at work. Participants will learn how to identify and address signs of mental distress, provide support to co-workers, and implement strategies to maintain a positive and healthy work environment. This course will cover topics such as recognizing signs of depression, anxiety, and stress, understanding workplace health and safety regulations, strategies for reducing work-related stress, and providing support for employees with mental illness.

Key Course Content:

- Understand how mental health affects the workplace
- Recognise signs of potential issues with mental health
- Be able to support colleagues who are dealing with mental health issues
- Learn how to create a mentally-supportive work environment
- Understand the importance of self-care in the workplace
- Develop strategies for managing stress and promoting wellbeing
- Be more aware of accessing EAP services
- Gain comfort knowing when you're struggling, you don't need to be alone
- Increase awareness of workplace policies around mental health



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated 1/2-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.