

Managing Mental Health & Wellbeing in the Workplace

WORKPLACE
TRAINING
& SUPPORT
SERVICE

Target Audience: **Managers, Supervisors, HR**

Workshop Duration: **3.5 hours**

(Includes Introduction Program)

Recommended Group Size: **Min. 6 – Max. 20**

Workshop Overview:

Workplaces have a vital role to play in providing supportive environments that promote mental health, wellbeing and resilience in its people. This three and a half hour program includes the Introduction to Mental Health & Wellbeing in the Workplace program. It is specifically designed to empower managers with the knowledge and skills necessary to effectively manage workers presenting with issues pertaining to mental health and/or mental illness.

Primary Objectives:

- To support the development of mentally healthy and supportive workplaces.
- To delineate the difference between mental health issues and mental illness.
- To provide activities that enhance active listening, rapport building and identification of issues with staff.
- To assist managers to work collaboratively with their staff to improve their mental health.
- To provide a framework that enables managers to take appropriate action and identify appropriate pathways of referral.

Learning Outcomes:

- Ability to identify issues pertaining to mental health in staff.
- Ability to effectively manage a mentally healthy workplace.
- Ability to seek and/or provide support for people with mental health and wellbeing issues.

Key Topics:

- Duty of care, policies & procedures pertaining to mental health.
- The role of a manager with regard to mental health.
- Differences between performance management and mental health support.
- Managing boundaries effectively.

Resources:

- Comprehensive manual
- Mental health information and referral pathways
- Practical skills and exercises

For further information please contact: admin@ozhelptasmania.org.au or phone: 1300 003 313