

# Connecting with Mental Health & Wellbeing in the Workplace

WORKPLACE  
TRAINING  
& SUPPORT  
SERVICE

Target Audience: **Individual (all levels of employees)**

Prerequisite: **Introduction Program**

Workshop Duration: **90 minutes**

Recommended Group Size: **Min. 6 – Max. 16**

## Workshop Overview:

Workplaces have a vital role to play in providing supportive environments that promote mental health, wellbeing and resilience in its people. This 90 minute program follows on from the Introduction to Mental Health & Wellbeing in the Workplace program. It promotes individual resilience and provides practical skills to identify and support coworkers who may be struggling with mental health issues or life challenges; including thoughts of suicide.

## Primary Objectives:

- Improve participant knowledge and attitude towards mental health, as well as understanding of how the workplace can influence mental health.
- Provide the skills required to identify and support others who may be struggling with mental health issues or life challenges; including thoughts of suicide.

## Learning Outcomes:

- Improve participant mental health and wellbeing knowledge so that they can look after themselves and support others.

## Key Topics:

- Review of mental health and wellbeing concepts contained in the Introduction program.
- Duty of Care.
- Risk and Protective Factors.
- Reaching out compassionately to help others.

## Resources:

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

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