

# Mental Health Safety in the Workplace

For Executives and HR & Safety Managers

One day workshop with Bill Carson

Certified Master Instructor - Mental Health First Aid Australia

## Is This Course Right For You?

For businesses that do not have a Mental Health Safety Strategy and Implementation Framework in their workplace. Highly valuable for Executives, HR Managers and Safety Managers with the desire and responsibility to add or introduce Mental Health Safety to your company or firm.

**“In Australia 1 in 5 of us will experience a diagnosable mental illness, and this number continues to rise. More companies are experiencing higher sick leave due to stress, and increasing stress leave claims.”**

**Companies are also experiencing high incidence of bullying claims**  
There is rising disengagement from many staff. Most industries are undergoing unprecedented levels of disruption and change. This puts increasing pressure and stress on those who don't have the mental and emotional resources to cope.

*Learn*

## One Day Workshop

### Take a more proactive approach to Mental Health Safety

Gain a strategy and implementation framework to create a mentally healthy and safe workplace. This will support you in improving your employer brand and employee engagement, while demonstrating increasing care for your people.

## Key Outcomes

- Gain a mental health safety strategy and implementation framework to create a mentally healthy and safe workplace
- The ways in which your workplace may be contributing to mental health problems
- Understand the role of Mental Health First Aid Officers in your workplace
- How to identify the signs of mental unwellness, and know what resources are available to you
- How to approach a team member - what to say and what NOT to say
- How to have a person-centred conversation to help a team member come to their own awareness
- How to manage your own self-care and the rest of the team

## What You Will Learn

- The current facts on mental health and mental illness in Australia, and how it is impacting your business
- What best practice companies are doing to lead in their industries
- The current research on key factors in creating a more mentally healthy workplace
- What executives need to do to demonstrate commitment & engagement
- How to implement mental health safety skills into your business and workforce
- How to evaluate & continuously improve

## Your Tools

- Strategy & Implementation Framework
- Caring conversation skills for leaders
- Additional resources for building Managers' mental health skills