



# MENTAL AWARENESS IN THE WORKPLACE

*"Even when life challenges us, it's a gift beyond all measure." – Stephen Hawking*

**M**ental Awareness in the Workplace is a course designed to help create an understanding of mental health in the workplace. 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 recognising signs of depression, anxiety, and stress. Participants get a better understanding of workplace health and safety regulations. Participants discover 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 half-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.



## Get a Quick Quote:

Let us know if you would like an obligation free quote for your organisation.