

Workplace Mental Health Essentials

Workplace Mental Health Essentials is our flagship program. This workshop explores the mental health continuum and encourages positive help-seeking behaviours. It includes warning signs to look out for and care strategies for self and others.

Mental health essentials is often recommended as a precursor to other workshops.

Format: Face-to-face, 3.5 hrs or full day.

Audience: All employees.

Learning Outcomes

- Understand the role you play in contributing to a psychologically safe and healthy workplace
- Learn to recognise the early warning signs of compromised mental health in self and others
- Develop insights into the practical skills for wellbeing conversations
- Explore escalation and support pathways for managing compromised mental health
- Understand the importance of self-care for developing resilience