

## Mental Health in the Workplace Knowledge and Skills

### This education program provides employees with the following knowledge:

- To increase understanding of mental health and mental health problems and to reduce the stigma associated with these issues.
- To create a supportive workplace culture for individuals with mental health issues.
- To provide information about the most common forms of mental health issues.
- To raise awareness of suicide at all levels within the organisation.
- To provide employees with strategies to promote their own mental health including understanding and managing stress and developing a positive work / life balance.
- To increase the awareness of and willingness to access assistance to address mental health issues.
- To increase the ability and willingness to assist others address mental health issues.

### It covers:

- An overview of:
  - Mental health
  - Mental disorders
  - Lifestyle factors that impact on mental health
- Stress
- Anxiety
- Depression
- Suicide
- A toolkit of skills to promote mental health

**Your Trainer** is a mental health professional with a great deal of experience in delivering this education program and in helping individuals deal with a range of mental health issues.

All participants receive a comprehensive **Mental Health in the Workplace** manual as a resource; this contains practical strategies to address all of the above issues.

**These sessions take 4 hours and BSS can run two per day.**

### Supervisor training:

The supervisor level training contains all of the above and includes additional information on:

- Understanding the effects of mental health problems on the organisation;
- Information on organisational tools to assist employee's with mental health problems (e.g. Employee Assistance Program, Peer support, etc.)
- Fitness for Work case management of employees with mental health problems.

**These sessions take 8 hours and BSS can run one per day.**