



Mental Health at Work Awareness – Half Day Course

Description: This half (1/2) day face to face course will provide a general awareness of mental health at work. Mental health issues are becoming increasingly common in Australia. This course is specifically designed to identify the factors and symptoms that can impact mental health at work, coping mechanisms and support options available. Increase awareness of mental health issues and reduce the stigma in your workplace.

Learning Outcomes: On completion of this course participants will be able to:

- Understand WHS legislation with a focus on compliance.
- Identify the types of mental health.
- Recognise the factors that contribute to work related stress.
- Interpret the symptoms of mental health and develop strategies to assist, including self-care.
- Value the direct and in-direct costs of work related mental health.
- Seek further guidance and support on mental health.

Training Delivery: This course can be customised by experienced and qualified safety facilitators to suit your organisational needs. It will include a variety of training delivery methods designed for your working environment and to enable participant interaction.

Investment: On-site delivery costs (maximum 20 participants). Price on application. Discounts apply to Safety Partnership Program members.

Certification: Participants will receive a Certificate of Attendance.

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