

Mental Health Awareness and Resilience Training

Overview

This awareness session provides participants with a greater awareness of mental illness, an understanding of **the symptoms and signs of common mental illnesses, including suicide, and steps for supporting a colleague who** may be experiencing the impacts of an existing or emerging mental health problem. The second part of the session is focused on developing an awareness of workplace resilience, the various resilience levers that are available to individuals and creating a personalised resilience plan.

Challenges addressed

Challenges addressed by the session include:

- ◆ **Maximising understanding about mental illness.** The session informs participants about mental illness, including statistics, and why the knowledge is important.
- ◆ **Creating clarity about the signs and symptoms of a mental health problem.** Participants will learn key signs and symptoms of common types of mental illness, including suicide.
- ◆ **Knowing how to respond to mental health problems.** Participants will learn key steps to support someone with an existing or emerging mental health problem.
- ◆ **Supporting staff to build their resilience including, but not limited to self-care.** The session will introduce participants to the evidence-based Resilience at Work model and build an understanding of the different resilience levers available.

Key outcomes

The key outcomes or objectives for this session include:

- ◆ Understanding of what mental health is and why it matters.
- ◆ Awareness of signs and symptoms of poor mental health.
- ◆ Increased confidence to have a mental health conversation or to suggest speaking to a Mental Health First Aider.
- ◆ Knowledge of mental health resources for either self or supporting others.
- ◆ Language and framework to for understanding workplace resilience.
- ◆ Individual Workplace Resilience Action Plan.

Who is it for?

The session suits individual contributors (please note Mental Health Awareness for Leaders training)

Time and delivery mode

The session is 3.5 hours in length. Suitable for either in-person or online delivery to groups ranging from 15-20.

Investment

Fee information available upon request.