

Mental Health Awareness for Leaders Training

Overview

This training educates and equips leaders to foster a positive mental health culture within their organisation or team. They will develop a deeper mental health awareness, an understanding of the benefits of a mentally well workplace, the skills to identify and support a staff member who is experiencing an existing or emerging mental health problem and clarity of their responsibilities and the organisation's legal obligations in relation to mental health.

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.
- ◆ **Leaders clear about their responsibilities and the organisation's legal obligations in relation to mental health.** The session will discuss responsibilities and legal obligations and consider relevant case studies.

Key outcomes

The key outcomes or objectives for this session include:

- ◆ Understanding of what mental health is and why it matters.
- ◆ Understanding the benefits of a mentally healthy workplace.
- ◆ Awareness of signs and symptoms of poor mental health.
- ◆ Knowledge of leader responsibilities and organisational legal obligations in relation to mental health.
- ◆ Increased skill and confidence to support a staff member who may be experiencing a mental health problem.
- ◆ Knowledge of mental health resources.

Who is it for?

Frontline to executive leaders.

Time and delivery mode

The session is 3.5 hours in length.

Suitable for either in-person or online delivery to groups ranging from 10-20.

Investment

Fee information available upon request.