

Mental Health for Leaders – The Foundations

Overview

This leader session addresses the intersection between mental health and human resources. Participants learn how to respond to, support and manage a mental health problem in an employee and the building blocks for creating a mentally healthy workplace.

Challenges addressed

Challenges addressed by the session include:

- ◆ **Knowing how to effectively support an employee with a mental health problem.** Participants learn about employer risks and obligations, how to appropriately support an employee with a mental health problem and when performance correction could apply.
- ◆ **Creating a mentally healthy workplace.** Participants will learn key steps to support employees and create a *Mentally Wellthy* workplace.

Key outcomes

The key outcomes or objectives for this session include:

- ◆ Understanding of the risks and implications of poor mental health in the workplace.
- ◆ Knowledge of employer responsibilities.
- ◆ Recognition of common mental illnesses in the workplace.
- ◆ Process for supporting, diffusing, de-escalating and managing a mental health situation.
- ◆ Understanding of key elements for creating and sustaining a mentally healthy workplace and culture.

Who is it for?

Leaders of employees at all levels.

Time and delivery mode

4 hours. In-person or online delivery up to 10 participants.

Investment

Individual registration - \$150 + GST

Private course - \$1 750 + GST (in-person, Brisbane) / \$1 500 + GST (online)

>2 sessions \$1500 + GST each (in Brisbane) / \$1 250 + GST (online)