



## *Mental Health Awareness for Employees*

Mental Health issues such as anxiety and depression are very common amongst people of working ages, and while many different factors contribute to this, most people in the workplace will have either experienced a mental health issue or know someone that has. This session aims to provide participants with a greater understanding of mental health issues, focusing on depression and anxiety, including the signs that someone may be experiencing one or both of these. The session will provide participants with an understanding of the factors that make people more vulnerable to mental health issues, and what they can do to support someone they know or suspect is vulnerable. The session also provides practical support around developing a plan for responding to potential risk of suicide. This session combines a blend of interaction, exercises and information to support participants' learning. AccessEAP recommend a maximum of 15 participants per workshop.

### Session Outline

- The mental health continuum
- Prevalence of mental illness
- Understanding anxiety, depression and suicide
- Recognising the signs of a mental health concern
- How to approach someone you're concerned about
- Staying well & accessing support

### Where

- Onsite at your organisation

### Duration

- 1 hour

### For more information

For enquiries please call the **Relationship Management Team** on **1800 818 728** or email [info@accesseap.com.au](mailto:info@accesseap.com.au)

