



Mental Health Awareness for Managers

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 managers with a greater understanding of mental health issues, including the signs that someone may be experiencing one or both of these. The session will provide participants with an understanding of what they can do to support someone they know or suspect is experiencing mental health issues in the workplace. 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

- Recognise
 - Understand what we mean by mental health
 - Recognise signs of a mental health concern
- Respond
 - Your role as a manager – duty of care
 - How to approach someone you're concerned about
- Refer
 - Knowing when to refer someone
 - Accessing support
- Self-care
- Q & A

Where

- Onsite at your organisation

Duration

- 2 hours

For more information

For enquiries please call the Relationship Management Team on **1800 818 728** or email info@accesseap.com.au

