



Mental Health Awareness – Webinar

A large number of Australian adults will suffer from some form of mental health issue in any year. Rates of depression and anxiety are on the increase. Therefore, it is not surprising that a friend, family member or colleague may experience mental health difficulties at some stage in their life and will need support. (ABS, 2007)

This interactive webinar aims to raise awareness of common mental health issues and will equip participants with strategies and tips for providing support to their colleagues. The webinar provides a number of resources for further information about mental health.

Webinar Outline

- What is Mental Health?
- Common Mental Health Issues
- Protective and Risk Factors
- What Prevents People from Seeking Help
- Supporting an Employee with Mental Health Issues
 - Practical Tips for Having a Conversation: CARE
- Suicide awareness
- Where to access further support

Duration

- 30 minutes

For more information

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

