

MENTAL HEALTH 101



Build positive workplace culture by supporting the mental health of your staff to reduce stigma and promote self-care

An introduction to mental health that builds an understanding of the myths and facts. This workshop includes real life stories and provides practical examples of help-seeking behaviours.



Max 30



60 mins



\$360
(ex GST)

This program will benefit your workplace by:

- Creating a safe and supportive environment for staff to have open conversation about mental health
- Minimising absenteeism by connecting your staff to the benefits of early help seeking
- Empowering your staff to explore self-care strategies leading to increased workplace engagement

By the end of the session staff will:

- Articulate the prevalence of mental illness
- Understand what stigma is
- Identify negative consequences of stigma
- Identify where to go for help

“Your presentation was one of the best parts of the graduate program so far, and both eye-opening and brave.”

– Client, National Mental Health Commission

Suitable for staff at all levels of an organisation

Effective as new staff inductions and annual staff well-being awareness programs

Customised to address the specific operations of individual workplaces and/or the impact of specific mental health experiences

Delivered by trained educators and guided by the MIEACT DoNoHarm safe story telling framework