

Mental Health Awareness (CARE)

Mental illness is defined as “a diagnosable illness, which affects a person’s thinking, emotional state and behaviour, and disrupts the person’s ability to work, carry out normal daily activities, and engage in satisfying relationships”.

The CARE programme provides information about mental health problems in the workplace and a simple conversation plan to assist someone who might be struggling with their mental health at work.

This programme is a suitable option for those people leaders in the business who don’t wish to become Mental Health First Aiders, but who would like enough awareness of mental health issues to assist someone in need, and refer them to appropriate internal and external supports.

Key topics covered:

- What is mental health
- Mental health in the workplace
- The impact of stigma on help seeking
- How to provide workplace base supports (e.g. reasonable adjustments)
- How to effectively utilise professional supports (e.g. your Employee Assistance Program)
- How to have the conversation (CARE)
- The importance of self-care in maintaining personal resilience.

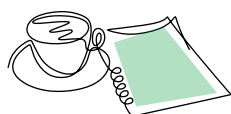


HSE Global offers a range of Mental Health Awareness (CARE) programmes. These range from half a day to one day in duration. Our CARE programmes are interactive short courses with workshop exercises, group discussions, a video and informative material content.

Key outcomes from the course include:

- Improved confidence and skills when dealing with mental health problems in the workplace
- A greater awareness of mental health, and reduced stigma about mental illness
- Better promotion of good mental health and wellbeing in the workplace
- A simple and effective early intervention conversation, which encourages individuals to access workplace and professional support services.

The programme is customised to the organisation we deliver this to, it will include information about your own Employee Assistance Program, with your company branded course materials. Participants will also receive detailed handout information.



For more information

Contact: +61 2 7228 7914

Email: healthwellbeing@hseglobal.com.au

Delivery Methods:



Face to Face: 1 day programme with a minimum of 6 and maximum 20 participants.



Online: 4 hours online facilitated programme via video conference. A minimum of 6 and maximum of 12 participants.