

# CARE Conversations

## Mental Health Awareness

Supporting the mental health of employees is an issue of growing importance. The evidence is clear that creating a mentally healthy workplace boosts productivity, reduces accidents and absenteeism, and improves employee engagement and satisfaction.

The CARE programme introduces participants to current leading practice information on mental health and illness and the interrelationship with work. Utilising the C.A.R.E. mnemonic the programme helps participants establish 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 in the business who don't wish to take on a formal peer support role (e.g., Mental Health First Aider), but would like increased confidence and awareness of mental health issues to assist someone 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 supports
- How to effectively utilise professional supports (e.g., Employee Assistance Program)
- How to have a CARE conversation
- The importance of self-care in maintaining personal resilience

### Delivery Methods:



**Face to Face:** ½ 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.

### 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
- An understanding of how to promote positive mental health and wellbeing in the workplace
- An understanding of some of the risk factors relevant to the work environment
- A simple and effective early intervention tool which empowers participants to initiate a mental health conversation at work
- Improved rates of access to workplace and professional mental health support services.

HSE Global offers a range of CARE delivery options including in person and online.



Our CARE programmes are interactive short courses with workshop exercises, group discussions, video demonstration and informative content.

The program can be customised to your organisational needs, including information about your Employee Assistance Program and company branded resources. Participants receive detailed handouts and resource kits.

### For more information

Contact: +61 2 7228 7914 (Australia)  
Email: [healthwellbeing@hseglobal.com](mailto:healthwellbeing@hseglobal.com)

