

Managing Mental Health in the Workplace

A 2 Day In-Depth, Interactive and Practical Training Program for HR Professionals, OHS Practitioners and Senior Management

Did you know that 1 in 5 people will develop a mental health issue at some point in their lives?

Source: Australian Bureau of Statistics

Mental Health in the Workplace is a growing concern for many organisations, particularly those where employees are in high stress and demanding professional environments.

The Centre for Corporate Health program assists your organisation in better understanding, detecting and responding to mental health issues at work.

Key Benefits

- In depth view, covering the intricacies and deeper causes for workplace mental health issues (from our assessment of over 7000 claims for psychological injury)
- World leading, best practice intervention, processes and practical strategies, ensuring a proactive approach to the management of mental health issues.
- Proven comprehensive framework that delivers results – a scientifically based program to detect and address potential mental health issues early on.

BUILDING
EMOTIONAL
RESILIENCE

LEADERSHIP
DEVELOPMENT

PSYCHOLOGICAL
ASSESSMENTS

MEDIATION
SERVICES

WORKPLACE
STRESS EXPERTS



Who Should Attend?

Senior HR managers, OHS practitioners, Injury Management Consultants or Senior Executives working in professional private or government organisations, particularly professional service firms and government agencies with high levels of psychological injury.

Course Modules

- Managing Depression
- Managing Suicide Risk & Substance Misuse
- Managing Anxiety Disorders and Trauma
- Managing Personality Disorders
- Taking Action in Your Organisations

Learning Outcomes

- Deeper understanding of mental health issues in the workplace
- Practical strategies to deal with a range of mental health issues
- Knowledge of latest best practice intervention strategies
- Recognition of early warning signs of mental health issues
- Where to seek assistance

Public or Customised Mental Health Programs

This program is available for delivery as an in-house or public training program. Course content is scalable and can be customised for in-house programs depending on the target audience and any specific organisational issues that may exist.

[Contact us](#) for more information

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For more information about this and other Centre for Corporate Health programs and services call 02 8243 1500 or visit our website: www.cfch.com.au