

Mental Health Training – Delivery Format Examples

Participants	Duration	No of Participants	Learning Outcomes	Format (s)
Human Resources & Senior Management	2 Days (usually one or two weeks apart)	15-20 attendees	<ul style="list-style-type: none"> • In-depth understanding of a range of common mental health issues • What is and what is not your role • Early warning signs • Practical strategies to effectively manage mental health issues • Resources to assist 	In-House Program Public Program
Middle Management / Team Leaders	1 Day	15-20 attendees	<ul style="list-style-type: none"> • Understanding of a range of common mental health issues • Early warning signs • Practical strategies to effectively manage mental health issues • Resources to assist 	In-House Program
All Staff	½ Day	15-20 attendees	<ul style="list-style-type: none"> • Overview of mental health and it's prevalence • Early warning signs of mental health issues • Resources to assist 	In-House Program