Workplace Mental Health Awareness Online Course

Overview

The Workplace Mental Health Awareness Program is brought to you by OHS&HR Management Systems. This program has been developed by Julie McLoughlin, Chartered Professional Member of the Australian Institute of Health and Safety and trained Mental Health First Aider.

Learning Objectives

- To gain awareness of your own Mental Health and how to improve it, and how to make a difference to mental health in your workplace
- To provide awareness of mental health aspects and terminology
- To reduce stigma due to increased awareness thus encouraging more conversation in the workplace
- To provide practical guidance, strategies, and resources to improve mental health within workplaces
- To summarise the plethora of information available via government and reputable sources.

Course Outline

- Why mental health awareness is an important issue?
- What mentally healthy workplaces look like?
- Strategies to improve mental health for workers and organisations, including developing a self-care plan
- How to recognise and assist colleagues who may be suffering mentally and emotionally
- Requirements and value of Workplace Mental Health Action Plans
- Available mental health support resources.

Who should complete this course?

Leaders, managers, and employees seeking awareness about mental health in the workplace.

Estimated duration – 1 to 2 hours   Cost - $50 per person (plus GST)

Course Review

"I found this course to be informative, comprehensive, interesting, the right level and duration, and that the content covered all the key elements. It has a good flow. I have seen many Mental Health training courses – this is one of the best so far. I suggest all organisational leaders, managers, mental health first-aiders, and people interested in mental health and wellbeing would get a lot from this course".

Mike Nendick - Safety, Human Factors, Health & Wellbeing Specialist.

Note - Self-enrolment is available via PayPal for a 10% discount (ie GST inc). Ask about group discounts for more than 10 persons enrolled and having the course customised to suit your organisational needs.

Enrolment Link - https://safetyinduct.com.au/course/view.php?id=137

PayPal Enrolment Instructions -

To undertake this course, you will need to be a 'user'. If you are not already a safetyinduct user, click on the create new account link at the top right of the screen and set up as a new user. You will then be able to enrol in the course and pay via PayPal (self-enrolment has a 10% discount). If you would like assistance or other payment options, contact Julie on ohsandhr@gmail.com.

Manual enrolment Instructions – Email ohsandhr@gmail.com and we can set up your enrolments and provide an invoice.

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