

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 - \$55 per person

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 or Stripe for a 10% discount. 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.