

Mental Health Matters – Half Day Workshop

Summary

In this half day workshop participants will be taken through an interactive program and will be taught the current state of mental health in the workforce in Australia. They will then be provided with an outline of all the common mental health conditions and given the opportunity to discuss and strengthen their understanding of mental health in the Australian workplace. Participants will be show the common assessment tools used to identify mental health concerns the causes and likely prognoses. They will then be taken through the strategies and practices necessary to take when they encounter a mental health concern. During the workshop participants will be taught how to define, develop and implement an appropriate action plan that will support their employees. They will be provided with a list of providers and support services upon which they can draw when providing assistance to employees.

Details

What participants will learn:

Specifically participants will learn how to identify the common mental health issues in the workplace. They will be taught how to identify the likely presence of stress, anxiety, depression, as well as common personality disorders such as bipolar personality disorder, borderline personality disorder, and narcissistic personality disorder. A review of common autistic spectrum conditions will also be provided to the participants.

Strategies

- Participants will be taught the basics of mental health assessment.
- Participants will be taught how to form an appropriate initial care plan
- Participants will be taught how to access support from the various mental health providers including local GP services, the Mental health services at their local hospital and specialist mental health care providers.

Practical examples

We work through cases and examples with participants to give them a strong understanding of conflict resolution.

The logo features the word "WellBeing" in a white, sans-serif font above the word "GROW" in a larger, bold, white, sans-serif font. The letter "O" in "GROW" is replaced by a white circle containing a green leaf icon. The background is a close-up photograph of green leaves with prominent veins.

WellBeing GROW

Demonstration of understanding and skills

All skills will be demonstrated by the facilitator in order to give participants an accurate and effective understanding of each principal skill and strategy.

Duration: 4 hours

Where: At the client's location

How:

Format

- Informal Lecture or round table open group discussion format.
- Use of Video, White Board, Question and Answer Quizzes
- Experiential Learning
- Examples and Case Studies

Exercises

All participants will be given the opportunity to observe assessment and action plan formulation as demonstrated by the facilitator. Participants will be asked to explain their understanding of the subject. They will also be asked to demonstrate through role-play their newly acquired skills. Finally their learning experience will be supported by quizzes and question & answer worksheets.

Feel

- Fun informal and interactive
- Experiential Learning

Materials

- Work Sheets
- Work Books
- Questionnaires
- Quizzes
- Surveys