

Mental Health Matters – Information Session

Summary

In this 2 hour workshop, participants will be given a thorough understanding of the warning signs of mental health concerns in the workplace. They will be provided with an understanding of the strategies for working with and providing support to staff members who may be demonstrating mental health concerns.

All participants will be provided with a framework of understanding of the support services available for them to tap into in the event they identify a staff member with the need for support. They will also be given a brief describing the steps they should take in the event they must provide initial assistance prior to accessing more formal services. They will also be provided with an outline of the necessary steps to take in the event of a mental health crisis occurring within their workforce.

Details

What participants will learn:

Participants will be provided with a breakdown of common mental health issues. They will also be provided with a breakdown and analysis of less common more complex mental health issues within the workplace. Participants will learn the difference between anxiety stress and depression as well as bipolar depression, borderline personality disorder, narcissistic personality disorder and sociopathic personality disorder. Participants will also be made aware of the nature and prevalence of common autistic spectrum disorders such Asperger's syndrome which are commonly found within the Australian workforce.

Participants will learn how to identify and what steps to take in the event that they encounter any one or more these mental health conditions. They will also learn how to intervene in the event of a crisis and what initial steps to take to provide appropriate assistance.

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: 2 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