

Managing Mental Health

Training for managers



Recognising and promoting mental health is an essential part of creating a safe and healthy workplace. Importantly, managers and workers both have roles to play in building a safe work environment, one that will not create or exacerbate mental health problems and where workers with mental illnesses are properly supported.

When an employer discloses that they have a mental health issue, the anxiety to manage the individual and the team increases significantly for the manager. The Human Rights commission states that Australian businesses may lose over \$6.5 billion each year by failing to provide early intervention for employees with mental health conditions. Optum's Manager Hotline statistics (2012) show that around 34% of calls to the service are queries from managers wanting support around managing an employee with a disclosed mental health issue.

Benefits of the program include:

- Enables managers to identify and develop an understanding of common mental health issues.
- Assists with the development of strategies to support or deal with impacted employees.
- Reduces a managers anxiety in having to deal with employees' mental health issues.

Workshop format

An interactive and engaging two hour workshop including group and individual activities to maximise participation.

To find out more contact your Account Manager today.

Learning outcomes

- Provide an understanding of mental health issues and their effect on work performance.
- Utilise insight into mental health issues to promote early identification of issues, enhance staff management and support and facilitate return to work.
- A model for intervention: prevention, identification and support.