

Available Company and Community Workshops

WORKSHOP TITLE	TARGET AUDIENCE	DURATION	ATTENDEE NUMBERS
TALKING ABOUT...MENTAL HEALTH			
Mental Wellbeing at Work – What Managers Need to Know -- a 3.5 hour session designed to provide managers and supervisors with basic skills and tools to identify and support workers with mental health issues	Mangers, supervisors, team leaders, WHS, HR	3.5 hours	Min 6 – Max 20
Mental Wellbeing at Work – What Everyone Needs to Know - a two hour skills based session to increase mental health literacy, suicide awareness and promote self-care.	General staff	2.5 hours	Min 6 – Max 24
Mental Health & Self Care – An introduction	General staff	1.5 – 2 hours	Min 6 – Max 24
TALKING ABOUT...SELF CARE			
Self care -Understanding and strategies	Any adult (16+ yrs)	90 minutes each topic	Min 6 – Max 20
Self care - The role of self talk			
Self care - Understanding and managing stress			
TALKING ABOUT...MENTAL HEALTH FIRST AID (MHFA)			
Standard Mental Health First Aid Ed 4 (MHFA) - A two day nationally accredited training package providing key skills to give initial help to someone developing a mental health problem or experiencing a crisis. <i>(Ask Talking About....how to implement Mental Health First Aid Officers in the Workplace)</i>	Any adult (16+ yrs)	12 hours (delivered over 2 days)	Min 4 – Max 22 *Min charge for 10 participants
COMPANY & COMMUNITY CHAMPIONS			
Company & Community Champions – Mental health and crisis support - A 6 hour skills based session designed to provide emerging leaders and “natural helpers” confidence to recognise and respond to colleagues who might be struggling and the knowledge to link to appropriate support.	Emerging leaders, natural helpers, frontline personnel	6 hours	Min 2 – Max 12
TALKING ABOUT... SUICIDE			
Do A.L.L. You Can For A Mate – A 2 hour skills based session to enhance mental health and suicide awareness. Incorporates self-care.	Any adult (16+ yrs)	2 hours	Min 6 – Max 12
Suicide Bereavement – Understanding trauma, grief and loss to assist self and others.	Any adult (16+ yrs)	2 hours	Min 6 – Max 24