

## Measuring and Managing Mental Health and Wellbeing

HSE Global helps organisations to effectively measure and manage employee mental health and wellbeing through technology, focused strategies, and training programs.

### Measure

#### **Mental Health Index™ (MHI™)**

The MHI™ has been developed to measure the mental health literacy and positivity of an organisation.

Mental Health Literacy is a term that describes the level of awareness and responsiveness there is to people experiencing mental health problems.

When Mental Health literacy is understood, steps can be taken to optimise people, processes and performance, resulting in improved organisational performance, promotion of help-seeking and help-offering behaviours and measuring the effectiveness of mental health programs.

Learn more at [www.globalsafetyindex.com/MHI/](http://www.globalsafetyindex.com/MHI/)

### Manage

HSE Global provides effective workplace mental health and wellbeing support and training programs to provide individuals with the skills required to identify and manage mental health.

Programs and training include:

- Mental Health First Aid - training
- Mental Health in Practise - quarterly network
- Webinars and workshops on specific topics
- Mental Fitness for Leaders and Teams
- Mental Health Awareness (CARE) programs

HSE Global has significant clinical and frontline experience in mental health and wellbeing disciplines – with registered psychologists and instructors from psychology, counselling, social work, and occupational therapy to crisis intervention specialists – and has recognised group facilitation capability at executive and board level.

HSE Global is one of the largest providers of Mental Health First Aid (MHFA) in Australia and New Zealand and supports many of EML's top tier customers, several universities, mining, and logistics organisations.

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