

# Managing Mental Health and Wellbeing

## Program Summaries

HSE Global works with and provides mental health training to many of EML's top tier customers, several universities, mining, and logistics organisations.

### **Mental Fitness for Leaders/Teams**

This 1.5 hour virtual interactive workshop educates and upskills leaders to:

- Comprehensively understand the mental fitness continuum (“the roadmap”)
- Be able to clearly identify where they, their peers and their teams are located on the roadmap. Increase their genuinely helpful responses to mental fitness across each section of the roadmap.
- Have a greater awareness of internal and external support options and be more confident in pro-actively using them.

There is a minimum of 6 and a maximum of 12 participants per course. The option of face-to-face facilitation can be provided and allows for up to 20 participants.

### **Mental Health First Aid Training**

Having trained over 20,000 Australians and New Zealanders, HSE Global is the largest provider of organisational Mental Health First Aid (MHFA). With over 20 psychologists and instructors, HSE Global have significant clinical and coalface experience in mental health and wellbeing disciplines – from psychology, counselling, social work, and occupational therapy to crisis intervention specialists – as well as having recognised group facilitation capability at executive and board level.

HSE Global MHFA courses can be facilitated face-to-face or virtually. HSE Global manage all logistics and provides a report regarding the MHFA sessions, including a summary of evaluations, which will be provided and presented back to the key stakeholder team. Identified sustaining/further development requirements and recommendations will also be reviewed and discussed.

### **Mental Health Awareness Care Program**

This programme is a suitable option for those people leaders in the business who would like enough understanding of mental health and mental health problems to assist someone in need. The CARE programme provides information about mental health problems in the workplace, and a simple conversation plan to assist someone who might be struggling with their mental health at work. The program is a facilitated 4 hours virtual training via Zoom.

There is a minimum of 6 and a maximum of 12 participants per course. The option of face-to-face facilitation can be provided and allows for up to 20 participants.

## Customised Mental Health and Wellbeing Webinars and/or Workshops

HSE Global can develop webinars to address topics and areas of focus. Webinars available:

- Zooming from home to office and back again - managing uncertainty
- The juggling act - from parent to worker to teacher
- Stressed? The good, the bad and the ugly
- I'M NOT OK and that's OK - supporting a peer, family member or colleague.

Webinars are up to 1 hour in duration and can accommodate participants limited only by the technology platform used (e.g. Zoom). All HSE Global facilitators are Mental Health principal master facilitators (or above) and will be selected based on their specific expertise in the topic area. You can also opt to have these run as a 1 hour virtual interactive workshop for up to 20 participants.

## MHFA – Mental Health in Practice (quarterly network)

To ensure your MHFA certified employees are maintaining their skills and confidence, Mental Health in Practice is a quarterly networking forum facilitated by an MHFA instructor over a 12-month program with sessions run quarterly over a period of 12 months. Each session is 1.5 hours virtual or face to face and uses relevant scenarios provided from participants, combined with practical discussion and coaching, to ensure individuals are equipped and confident in the skills needed to hold effective mental health interactions.

Key outcomes from the session include:

- Improved confidence
- Ongoing peer networking and support
- Encouragement and skills when dealing with specific mental health problems in the workplace
- Sharing experience and knowledge of current workplace interactions and how to manage.

Find out more by visiting [www.hseglobal.com.au/mental-health/](http://www.hseglobal.com.au/mental-health/)

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