

# Measuring and Managing Mental Health and Wellbeing

## HSE GLOBAL WEBINARS

HSE Global helps our clients to effectively measure and manage employee mental health and wellbeing through technology, focused strategies, and training programs. From current state assessments, development of wholistic HSW roadmaps to mental health awareness training and mental fitness programs.

Webinars are delivered by HSE Global psychologists and instructors who all 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.

Customer specific contact and support services can be provided for inclusion at the end of the webinar and a CEO message or relevant brand messaging at the front.

### Zooming from home to office and back again - managing uncertainty

For many of us, working from home (WFH) has become part of the new normal. This webinar will cover off on some of the more unique challenges as created by long term WFH, uncertainty from ever changing restrictions and how to be able to effectively return to a work setting.

The topics covered will include:

- Overcoming “Zoomitis” and other WFH challenges
- Managing uncertainty and changing restrictions
- Returning back to a workplace environment

Key Outcomes

- Improved confidence to deal with the challenges of a homework environment
- Increased coping mechanisms for managing uncertainty and changing restrictions
- Enhanced strategies for returning to a workplace setting

### The juggling act - from parent to worker to teacher.

Taking work calls and meeting deadlines isn't easy when you're also dealing with constant interruptions from children in lockdown. Ongoing lockdowns and changing restrictions have forced many of us into multiple roles. Juggling homeschooling whilst getting your work done can be extremely challenging.

The topics covered will include:

- Juggling homeschooling, working from home and mental health.
- Children's mental health
- How to best support your family's mental health.

Key Outcomes:

- Increased knowledge of strategies to manage homeschooling whilst working from home
- Enhanced awareness of warning signs and support services for children's mental health
- Improved confidence to support family members during difficult times.

## Stressed? The good, the bad and the ugly.

Stressed, anxious, and overwhelmed are often used interchangeably to describe the day-to-day challenges of adulting.

This webinar provides a lighthearted look at helpful (and not so helpful) coping mechanisms for everyday stress and how to survive the challenges of living in the 21st century.

The topics covered will include:

- Stress? Good bad or ugly?
- Are your coping strategies making it worse?
- How to survive 21st century stress.

Key Outcomes include:

- Enhanced knowledge of how stress impacts day to day functioning
- Increased self-awareness of coping mechanisms
- Broadened application of stress management skills.

## I'M NOT OK and that's OK - supporting a peer, family member or friend

For over a decade R U OK? Day has prompted Australians to check on each other's mental health but what do you do if someone isn't OK? This webinar will provide a broad overview of mental health and simple tools to best support a peer, family member or friend who isn't OK.

The topics covered include:

- Going beyond R U OK?
- What to do if someone else isn't OK
- What to do if you are not OK.

Key Outcomes

- Improved confidence to start mental health conversations
- Enhanced knowledge of support options available for mental health
- Application of strategies to help oneself when supporting others.

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

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The image shows a woman pointing at a laptop screen while a man looks on. The background is a blurred office setting.