

Introduction to Workplace Mental Health Package



Organisations that promote good mental health at work keep people well, reduce sick leave, increase productivity, build positive workplace culture, and build reputation, loyalty and performance.

SuperFriend's Introduction to Workplace Mental Health package gives you the tools and support to kick start your organisation's mental health and wellbeing journey and create positive and impactful systems-level change.

What's included?

Facilitated workshops

Work Health & Safety Workshop For Executives

This 90 minute workshop for executives and senior managers is designed to raise awareness of the legal obligations to protect and promote wellbeing in the workplace, and discuss the financial and cultural benefits of implementing a mental health strategy in your organisation.

Presentations

Understanding Mental Health & Wellbeing

This one-hour presentation for staff is an introduction to workplace mental health and wellbeing where participants will learn how to recognise the difference between mental health and mental illness, the early warning signs of compromised mental health, how to have a support conversation, and how to practice self-care.

Consulting

Workplace Wellbeing Audit

A specialist workplace mental health consultant will conduct a thorough audit of your organisations to provide a picture of the mental health and wellbeing landscape at the

organisation, identifying strengths, weaknesses, areas of opportunity and actionable next steps.

Resources

Guides

- Looking After You Guide
- Building Thriving Workplaces: Guidelines and Actions

Tip sheets

- Understanding mental health and wellbeing

Indicators of a Thriving Workplace Report

SuperFriend's annual national 'Indicators of a Thriving Workplace' survey is the largest study of workplace mental health across all workplaces, sectors and industries in Australia.

Workplace Wellbeing Audit Report

- Effective communication skills using a person-centred approach
- De-escalation techniques for challenging interactions

Package details

- Suitable for Executive Leaders, HR and OH&S personnel
- Access for up to 16 executive leaders; unlimited presentation participants

\$ 3,800
(plus GST)