

Mental Health Essentials for All Staff **SCORM** Licence Package



SuperFriend's Workplace Mental Health Essentials for All Staff course is designed to promote individual wellbeing and increase shared understanding of its importance across an organisation. This course has been produced as Sharable Content Object Reference Model (SCORM) files to allow organisations to embed them into their learning management system (LMS).

Hosting these five modules directly into your LMS is a cost effective and responsive way to deliver mental health literacy training to your entire organisation. It also allows organisations to directly manage the employee engagement, monitor completion rates, measure impact and manage feedback.

What's included?

SCORM 1.2 or 2004 compliant files

Introduction to mental health and wellbeing

- What is mental health and wellbeing
- The factors that impact mental health and wellbeing
- Why understanding mental illness is important
- The signs and symptoms of mental distress

Understanding your legal rights and responsibilities

- The responsibilities of employees and employers regarding mental health
- Employee rights regarding mental health in the workplace
- Support available if employees are concerned about their rights

Peer support

- The signs someone may need support
- How to approach someone
- The support available to help someone

Building positive relationships

- The benefits of building positive relationships

- What active listening is, and how it is used
- The differences between sympathy, empathy and compassion
- How to build empathy
- The use and positive impact of active, constructive responding

Looking after yourself

- What is self-care
- The importance of taking care of mental health
- Easy ways to implement self-care using the Five Ways to Wellbeing

Resources

Tools

- Mental Health and Wellbeing Information Card

Tip sheets

- Active listening
- Empathy, sympathy and compassion
- Active, constructive responding
- Five Ways to Wellbeing - General Staff
- Legal rights and responsibilities - employees
- The mental health continuum

Guides

- Looking After You Guide

Evaluation template

A framework to support learning outcome measurement.

Internal marketing and communications pack

Package details

- 12 month renewable content licence
- Set up support
- Evaluation report templates
- Learner resources and tip sheets

\$ 25,900
(plus GST)