

Mental Health Essentials for Leaders **SCORM** Licence Package



SuperFriend's Workplace Mental Health Essentials for Leaders package promotes individual wellbeing and increases understanding of how leaders can support cohesive teams and promote a mentally healthy workplace. This course has been produced as Sharable Content Object Reference Model (SCORM) files to allow organisations to import them into their learning management system (LMS).

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

What's included?

SCORM 1.2 or 2004 compliant files

The role of leaders in supporting mental health and wellbeing

- What is a mentally healthy workplace
- Why leaders are important in supporting mental health and wellbeing
- The benefits of leaders supporting mental health and wellbeing

Understanding your legal obligations as a leader

- The obligations leaders have in relation to workplace mental health, including:
 - Privacy and confidentiality
 - Discrimination
 - Bullying and harassment law
- Work related risk factors that may impact mental health

Psychological risk and protective factors

- Identifying psychological risk factors, including personal, workplace and environmental
- Identifying psychological protective factors
- Strategies to reduce risk and increase protective factors

Supporting your team using an integrated approach

- The elements of an integrated approach to support workplace mental health and wellbeing
- Applying an integrated approach as a people leader, including:
 - Ways leaders can prevent harm
 - Promoting the positives at work
 - Providing support to your team

Having a care conversation

- Identifying compromised mental health
- How to approach someone you are concerned about
- Linking to appropriate support and referral options

Resources

Tools

- Mental Health and Wellbeing Information Card
- Mentally Healthy Workplace Toolkit

Tip sheets

- The role of leaders in supporting mental health and wellbeing
- Understanding your legal obligations
- Five Ways to Wellbeing - Engaging people and teams
- Giving and receiving feedback
- How to use an integrated approach to support your team
- Psychological risk and protective factors

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Guides

- Building Thriving Workplaces
- Manager's Guide to Difficult Conversations in the Workplace

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)