

# MENTAL HEALTH PROGRAM FOR EMPLOYEES

Learn the skills to handle workplace mental health issues

## OUTCOMES

- Improve employee confidence in mental health issues
- Learn how to best offer support to colleagues
- Gain the ability to confidently intervene
- Learn how to have helpful conversations
- Encourage colleagues to seek help appropriately



## ABOUT THE PROGRAM

- Practical and effective systems
- Face-to-face and virtual training
- Rapid culture change

The *Mental Health Program for Employees* gives participants crucial knowledge and insights into the signs and impact of mental health in the workplace.

Employees learn how to understand and support someone struggling with their mental health or reach out for support if they need it themselves.

The program quickly creates a proactive and positive mental health culture, preventing further injury and improving overall performance.

The *Mental Health Program for Employees* program is conducted by leading mental health experts in Australia with extensive knowledge about best practice, current developments and expected future federal and state laws implementation and compliance requirements.

## THE PROGRAM COVERS

- The current reality of mental health in Australia
- Best practice
- Stigma reduction
- Your role as a colleague
- Early warning signs and early intervention
- Where to go for support

## DELIVERY FORMAT

- Face-to-face: Half day program
- Virtual: Half day program

## BACKGROUND

Many organisations ignore mental health as a risk for their employees and their business. Others simply do not know what to do or how to put in place effective strategies to develop a mature Mental Health culture.

A change in behaviour in yourself or a colleague could be a sign that support is needed. A large majority of employees don't know how to effectively support colleagues that may be experiencing poor mental health.

This can result in silence, poor performance and workplace conflict as the person continues to decline in their mental health.

## WHY USE JONAH GROUP

Jonah Group's experts know mental health and have been supporting leaders facing mental health challenges in the workplace for more than 17 years.

They share their knowledge with leaders from the board room to the front line, driving real change in people's attitudes, behaviour and mindset – and ensuring safety and wellbeing.

In a world where more than 2 million die every year from work related accidents and disease, safety is Jonah Group's mission.

Whether mental health or physical safety, Jonah Group's experts teach people the science of risk and help leaders build sustainable cultures of safety.

**Jonah Group. *Saving Lives. Protecting business.***



“Working with The Jonah Group to bring to life mental health education sessions for our employees and Managers has been amazing. This is such an important topic and they went above and beyond to understand the business and the intent of the education sessions and developed tailored sessions to meet our needs. In their authentic approach, The Jonah Group has the capability to connect with the audience whether it is in person or via webinars, their passion for mental health awareness, providing strategies and reducing stigma always shines through in their sessions. I cannot recommend The Jonah Group highly enough - they have a wealth of knowledge and their sessions always exceed expectations.”

**Lara Macpherson**  
S&S Manager – Workers Compensation



“The Jonah Group's approach to workplace mental health is exceptional. They have deep knowledge of how to enable organisations to address the common issues in all three of the critical areas associated with people risk, namely caring, protecting and enabling our people to thrive. They are someone you want on your team and extremely adept at helping organisations and leaders get unstuck from the react and respond paradigm.”

**Wade Needham**  
Head of Safety, Environment and Wellbeing

**Contact us today** to learn how  
we can help you

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