

# MENTAL HEALTH PROGRAM FOR MANAGERS

Give your leaders the tools to manage workplace mental health

## OUTCOMES

- Increased manager confidence when responding to poor mental health in the workplace
- Strategies to work proactively and safely when intervening
- Ability to offer effective and supportive conversations
- Create an emotionally safe environment
- Sustainable return to work strategies



## ABOUT THE PROGRAM

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

The *Mental Health for Managers* program gives managers crucial knowledge and insights in what it means to be a leader in mental health.

Managers learn practical and effective systems to promote a more proactive role for leaders responding to poor mental health in the workplace.

The program takes managers from uncertainty to confidence when identifying, monitoring and responding to staff with poor mental health.

The *Mental Health for Managers* 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

- What a mentally healthy workplace looks like
- How to reduce stigma and build a mentally healthy workplace
- The role of a leader
- The signs that indicate declining mental health
- How organisations can move beyond RUOK
- Boundaries and traps in dealing with potential mental health issues

## DELIVERY FORMAT

- Face-to-face half day program
- Virtual half day program

## BACKGROUND

One in five Australian workers experience mental ill-health at any given time.

It is likely someone in your team is struggling with stress, anxiety, or depression right now.

But most Australian workplaces are simply guessing how to identify, monitor and respond to and staff that have poor mental health.

Managers lack confidence and permission to intervene and have an effective conversation that supports their staff and guides them to appropriate support to aid recovering and sustainable return to work and 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.***



"We've worked with The Jonah Group over the last few years to help us understand leading practice and develop a strategic approach to safety leadership and mental health. Great thought partners. Highly skilled. Ability to adapt to our needs. Highly recommend."

**Belinda Flynn**

General Manager – Safety, Health and Sustainability



"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**

Safety & Sustainability Manager

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

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+61 (2) 8324 1421  
[jonahgroup.com.au](http://jonahgroup.com.au)  
[contact@jonahgroup.com.au](mailto:contact@jonahgroup.com.au)