



Mental Health Awareness

One day workshop for teams

***Together let's create a shared framework and language for talking about mental health.
One that's empowering and proactive rather than stigmatising and reactive.***

Mental ill-health is extremely common in New Zealand. In any 12-month period, more than 20% of New Zealanders are likely to experience mental ill-health; with at least 47% of New Zealanders likely to experience mental ill-health at some point in their lives.

For employees, it means that at any point in time some form of mental health issue may affect them, with research highlighting this could have direct negative consequences on their personal wellbeing and productivity.

ABOUT THE TRAINING:

Umbrella's *Mental Health Awareness* training has been developed to help all team members identify signs of stress and distress in themselves and others. It supports team members to feel more confident talking about mental health in the workplace, and raising concerns with colleagues they may be worried about. Our focus is on helping all people in a workplace to build a culture of positive mental health.

We recommend that this training is provided to all employees. The best outcomes are achieved when work teams attend together.

WORKSHOP OBJECTIVES:

1. Connect with colleagues and leave feeling confident you have some new knowledge and robust skills to take away.
2. Increase knowledge about mental health and mental illness, and gain a practical sense of how the two may present.
3. Recognise the factors that have either a positive or negative influence on people's mental health.
4. Identify the causes of work-related stress, and signs that stress has become something more serious.
5. Initiate and engage in compassionate conversations, when appropriate, with colleagues you are concerned about.
6. Gauge your own wellbeing, and learn strategies for improving it.

The training has been developed from best-practice research in the wellbeing and mental health sciences. The workshops are facilitated by Umbrella's experienced psychologists. They create a safe and supportive environment for talking about mental health and fostering positive strategies to promote mental health at work.

"Thanks for not being the stuffy course I was expecting. It was relevant and helpful. We now have a common language and understanding for mental health, and insight into strategies that are applicable personally and professionally."

One day (8 hours) - Up to 12 people - Investment \$5500+gst

FOR MORE INFORMATION OR REFEREE DETAILS, CONTACT:

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