



Career Development Centre

## **Workplace training program for staff, managers, human resources and organisational leaders**

The Career Development Centre Workplace Program is a training program specifically for workplace settings. It aims to increase the knowledge and skills of staff, managers, human resources and organisational leaders to address mental health conditions in the workplace.

CDC uses an evidence-based approach, and focuses on:

- Increasing the awareness and understanding of anxiety, depression and suicide in the workplace
- How to have a conversation with a colleague you may be concerned about
- Building confidence to support a colleague or employee who may be experiencing anxiety and/or depression
- Supporting recovery at work
- CDC offers a range of workshops designed to meet the needs of various audiences within organisations, from senior executives, to managers, supervisors and to all staff.

## **Mental health in the workplace: Awareness and strategies for employees**

This 3-hour Workshop is suitable for all staff and covers the following:

Maximum participants 25

- Evidence based facts on workplace mental health in Australia
- Prevalence of common mental illness
- Signs and symptoms of mental health problems
- How to access support

## **Creating a mentally healthy workplace: Senior Executives and Leaders in Organisations**

This 1-hour Session is suitable for leaders and executives and covers the following:

Maximum participants 25

- Prevalence of mental illness, including anxiety, depression and suicide
- Work related stress and effect on performance and litigation claims
- Strategies to create a mentally healthy workplace
- Sessions tailored to particular industries



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## **Mental health in the workplace: Awareness and Strategies for Managers, Team Leaders and Supervisors**

This 3-hour Workshop is designed for employers or employees with a supervisory responsibility for staff members and covers the following:

Maximum participants 25

- Evidence based facts on workplace mental health in Australia
- Prevalence of common mental illness
- Assessment of your team/business
- Strategies to approach employees if concerned
- How to access support for yourself and your employees

## **Accredited Mental Health First Aid Course**

12-hour course over two days or 4 modules, 3 hours each. The delivery format is flexible and can be adjusted to suit individual organisation. On successful completion Mental Health First Aiders are accredited for 3 years.

Maximum participants 25

Participants will learn the signs and symptoms of the following mental health problems and how to assist the person experiencing them:

- Depression
- Anxiety
- Psychosis
- Substance use problems

Mental health crisis covered:

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol and other drugs
- Aggressive behaviours

(Note: Additional 40 minute session to cover non-suicidal self-injury)

**To make an enquiry about any of our Mental Health programs contact CDC on 07 3355 6688 or visit [www.careerdevelopmentcentre.com.au](http://www.careerdevelopmentcentre.com.au)**