



**BETTER MENTAL HEALTH**

# Workplace mental health training and programs

## Give your team the tools to build better mental health at work

Black Dog Institute is a world-renowned medical research institute, translating research into programs, resources, services, and digital tools to create a mentally healthier world for everyone.

Backed by research, and delivered by experts, our workplace mental health programs give all team members practical skills to support mental health and wellbeing at work.

We offer a depth of expertise and experience, working with thousands of businesses of all sizes and industries across the country. More than just training, we provide strategies to improve mental health and wellbeing at work that have a long-lasting impact.

- ✓ Skill-building programs
- ✓ Developed from leading research
- ✓ Interactive workshops delivered by expert psychologists
- ✓ Free consultation with a Workplace Engagement Manager
- ✓ Training in less than four hours
- ✓ Flexible online or face to face delivery options
- ✓ Presentations delivered by facilitators with lived-experience

**All programs are evaluated to measure their impact. Following training, our data shows:**



38% increase in participant's self-rated knowledge of mentally healthy workplaces



30% increase in participant's self-rated confidence to manage mental health

Scan the QR code to learn more or email [workplace@blackdog.org.au](mailto:workplace@blackdog.org.au) to talk with a Workplace Engagement Manager





**Black Dog  
Institute**

**BETTER MENTAL HEALTH**

# Workplace mental health training and programs

Program name	Format	Duration	Participant numbers
<b>Programs for leaders</b>			
Growing a Resilient Organisation	Interactive workshop	3 hours	Up to 25 people per workshop
Protecting and Promoting Mental Health at Work	Interactive workshop	2.5 hours	Up to 25 people per workshop
Managing for Team Wellbeing	Interactive workshop	3 hours	Up to 25 people per workshop
Managing for Team Wellbeing: Navigating Conversations	Interactive workshop	2.5 hours	Up to 25 people per workshop
Workplace Mental Health for Leaders	eLearning	1 hour	Available in packages from 250 licences or individual licence purchase

<b>Programs for employees</b>			
Understanding and Managing Your Mental Health	Interactive workshop	2 hours	Up to 25 people per workshop
Workplace Mental Health for Employees	eLearning	45 minutes	Available in packages from 250 licences or individual licence purchase

<b>Programs for everyone</b>			
Recognise and Respond	eLearning	1 hour	Available in packages from 250 licences or individual licence purchase
Building Resilience to Workplace Stress	Interactive workshop	2-4 hours	Up to 25 people per workshop
Mental Health is Everybody's Business	Presentation	1 hour	Up to 500 people online or unlimited face-to-face

Scan the QR code to learn more or email [workplace@blackdog.org.au](mailto:workplace@blackdog.org.au) to talk with a Workplace Engagement Manager

