



# We offer free training and coaching to help you meet your duty to provide a mentally safe workplace

Join the 24,000+ people who have already benefited

A mentally healthy workplace benefits every employee and every business. When work is good, it gives us a sense of purpose, belonging, achievement and self esteem. It also benefits your bottom line by increasing productivity and reducing staff leave.

**Sign up for training or coaching to see the benefits.**



Scan here to book a session



# Free workplace mental health training and coaching is available for:

## Employers and senior leaders



**One-on-one business coaching.** Get expert advice from our coaches about any topic or issue that can impact mental health in your workplace. They can help you:

- Understand your WHS obligations
- Address workplace issues like bullying or stress
- Learn how to improve your workplace culture

Book your session at a time that works for you.

**Leading a mentally healthy workplace training.** You will learn:

- Your legal responsibilities as an employer
- How to design healthier workplaces
- Strategies to support mental health at work

Training is delivered by experts from the Black Dog Institute.

## Managers and leaders



**Managing for team wellbeing training.** You will learn:

- How to have conversations with team members about mental health
- Early warning signs of mental ill-health and what to do
- How to assist team members to stay at work, or return to work after an absence
- Your legal responsibilities as a manager
- Strategies to support yourself and others

Training is delivered by experts from the Black Dog Institute.

## Individuals



**Your mental health at work training.** This is for anyone who does not manage people, such as employees and sole traders. You will learn:

- How to have conversations at work about mental health
- Early warning signs of mental ill-health and what to do
- Your work health & safety responsibilities
- Strategies to support yourself and others

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Programs are open to NSW businesses with up to 200 employees and NSW not-for-profits of any size.

