

MANAGING MENTAL HEALTH IN THE WORKPLACE

Supporting workplace leaders to proactively respond to mental health challenges in the workplace.

Presented by Rosie Overfield & Sue Crampton

OVERVIEW

Research shows that work can be beneficial for an individual's overall mental health and wellbeing. Many mental illnesses seen in the workplace are treatable, and in some cases, preventable. Business owners, managers and leaders all have a role to play in supporting good mental health in the workplace and facilitating early help-seeking.

THE WORKSHOP

This workshop is designed to support workplace leaders to proactively respond to disclosed or undisclosed mental health challenges in the workplace. The program includes:

- An overview of legislative requirements and the minimum standard for managing risks to workers' psychological health that may result from psychosocial hazards
- Identifying factors impacting mental health in your workplace and early warning signs in individuals
- A step-by-step approach to planning, initiating, and conducting conversations with employees about their mental health and taking action to support early help-seeking
- Working with external healthcare professionals, understanding 'reasonable adjustments' and return-to-work plans
- Undertaking performance management with an employee whether their mental ill health is (un)disclosed or not
- When to seek HR and legal support and guidance

INVITATION ONLY EVENT

SPECIAL OFFER
\$395 PER PERSON

BOOK NOW!

Tuesday 19th
September 2023
8.30am registration for 9am start

Provet Brisbane
48 Bell Are Avenue,
Northgate



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AT A GLANCE

- Understand psychosocial hazards at work and your responsibilities
- Learn how to identify an employee may be struggling with their mental health
- Deploy strategies to manage mental health issues that impact the employee and the workplace
- Managing the performance of an employee with a mental health issue



SUE CRAMPTON

Sue is acknowledged as a leading speaker, trainer and consultant across Australasia in the areas of practice and organisational development, strategic planning, communication excellence and staff development and management.



ROSIE OVERFIELD

Rosie is an experienced HR/OD practitioner and mentally-healthy workplace design consultant. She brings a wealth of experience and knowledge having worked in executive-level HR roles and as a practice owner herself.