

Mental Health Toolkit

Workshop Overview

The Mental Health Toolkit is an early intervention workshop that provides tools to improve self-awareness about mental wellbeing to enhance the work place culture and environment.



What does the workshop cover?

- Identify – Trauma and the connection with mental illness
- Understand- Self-awareness to improve personal wellbeing and the foundations of wellbeing.
- Respond- Keeping myself healthy and safe, supporting others and de-escalation in the workplace.
- Tools and strategies to improve individuals well being risk factors-
- Mental illness, addiction and suicide . Signs and symptoms of Mental illness. Communication, to strengthen work relationships for a healthier, happier and more production workplace.

The workshop is three hours which can be hosted in your workplace or off-site to suit you.

Morning or afternoon tea and workshop material is included.

For more information or to book, please contact:
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