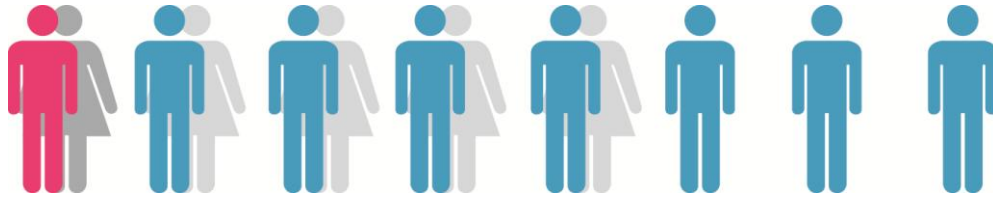


# National Workplace Program



Employees experiencing mental health conditions in the workplace are costing Australian businesses over \$10billion per year<sup>1</sup>. Statistics show 1 in 8 men and 1 in 5 women will experience depression in their lifetime<sup>2</sup>.

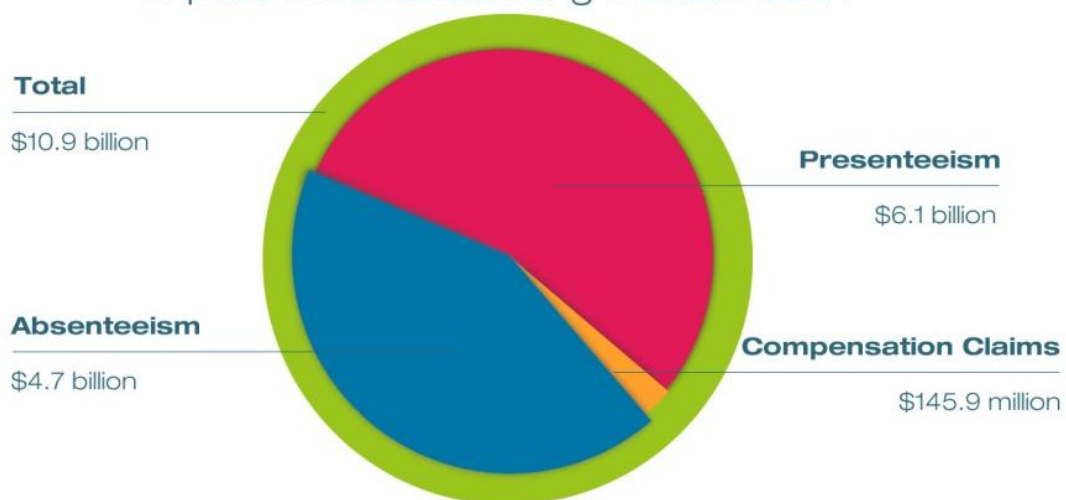


Untreated depression costs **\$9,660** per employee annually<sup>3</sup>.

The National Workplace Program (NWP) has been specifically designed to create awareness of mental health issues and assist organisations to take action using early intervention and prevention strategies, and aims to:

- ▶ Increase awareness of depression and anxiety and associated impact in the workplace
- ▶ Increase confidence to approach a colleague who may be experiencing depression or anxiety
- ▶ Develop principles and planning to assist an employee with a mental health condition
- ▶ Improve understanding of a manager's responsibility in assisting employees with mental health conditions
- ▶ Increase confidence to assist and/or manage an employee with a mental health condition

## Impact of not addressing mental health



A recent report by PricewaterhouseCoopers revealed the impact of not addressing mental health in the workplace is costing Australian businesses over \$10billion per year.

1. Australian Bureau of Statistics (2008) *2007 National Survey of Mental Health and Wellbeing; Summary of Results* (4326.0). Canberra: ABS.  
2. Price Waterhouse Coopers, *2014 Creating a mentally healthy workplace Return on investment analysis*  
3. Mental Health Recovery Institute, *2014 Silent Expectations*  
4. Price Waterhouse Coopers, *2014 Creating a mentally healthy workplace Return on investment analysis*

The NWP provides specifically designed programs to reach all areas of your organisation. Each workshop is structured for a targeted audience with a range of benefits and outcomes.

#### Senior Executive Briefing

This briefing is designed to highlight the importance of mental health in the workplace to senior executives. The presentation incorporates a business case for tackling the most common mental health problems in the workplace and leadership strategies to address mental health in the workplace.

Audience: Executive and senior management  
30 - 60 minutes | 15 participants

#### Organisational awareness

This presentation is designed to increase awareness among staff members about depression and anxiety conditions, their impact and support for mental wellbeing in the workplace.

Audience: staff at all levels within the workplace  
1 hour | 100 participants

#### Employee awareness to action

This workshop is designed to increase awareness among general staff members about the most common mental health problems in Australia and their impact on the workplace. Participants will also, through the use of DVD case studies and structured discussions, increase their confidence to approach a colleague they may be concerned about.

Audience: General staff groups excluding managers, supervisors and team leaders  
2 hours | 25 participants

#### Manager Awareness, impact and action

This workshop is designed for managers to enhance their knowledge about the impact of the most common mental health problems on individuals, the workplace environment and the organisation as a whole. Through the use of DVD case studies and structured discussions, participants will become more confident in the principles and planning required to approach an employee they may be concerned about. Participants will also spend time developing management strategies to address mental health within their organisation.

Audience: Managers, supervisors and team leaders  
3 hours | 25 participants

#### Strategies and solutions for HR Professionals

This workshop is designed specifically to enable HR professionals to promote mental health awareness and to meet the challenge of addressing depression, anxiety and related disorders in the workplace. Participants will be guided through the fundamentals of mental health conditions in the workplace, including an examination of prevention strategies at an organisational level, how to develop appropriate policies and procedures, and how to advise managers on addressing mental health problems with their staff.

Audience: HR Executives, managers and staff, OH&S, Workers Compensation and Injury Management roles  
4 hours | 20 participants

*The National Workplace Program can also be delivered as a full program suite.*

MentalWellbeing@Work™ forms part of our comprehensive suite of people management programs that provide advice, training, coaching and interventions delivered on-site over half, full and two day workshops.

For more information call our [MentalWellbeing@Work™ Team](#) on 1300 134 644.