

## Mental Health Awareness Training

This session is designed to help you understand mental health and how to support yourself and others around you.

This module helps learners have a better understanding of mental health, understand the importance of bringing their 'whole self to work' and supporting others to do the same. It will help people feel more confident identifying when people are struggling with their emotions and asking R U OK? Learners will be challenged to establish at least one new self-care habit to improve their mental health and resilience.

### What will you learn in this session?

- Healthy habits to support your mental health
- Managing emotions
- Behavioural changes to look out for
- How to have a conversation with someone you are concerned about
- Options for support

### Why should you attend this session?

- Anyone who is interested in mental health and wellbeing will find this workshop valuable and interesting.
- Anyone who wants to improve aspects of their own mental health and/or the mental health of others around them will take away practical hints, tips and guidance that will make a genuine difference.

The session is interactive and will enable you to ask questions, share experiences, practice skills, and engage in self-reflection.

The **Employee session is 60 minutes**, and the session for **Leaders is 90 minutes**.

For more information and enquiries, please contact **Newport & Wildman** on **1800 650 204**.

