

Mental health at work matters



The NSW Government offers **free training and coaching** to help you meet your duty to provide a mentally safe workplace and become a more supportive, productive and profitable business.

Join the 15,000+ people who have benefited from training.

Apply today: mentalhealthatwork.nsw.gov.au



FOR EMPLOYERS AND EXECUTIVE LEADERS

One-on-one business coaching: Get expert coaching on any topic that will help you support your team during COVID-19 and beyond, such as:

- Manage your staff through feelings of anxiety and stress during restrictions
- Support your staff when working remotely
- Manage your own mental health at work during these uncertain times
- Access support services for your business or workers

Coaching is available seven days a week, 7am-7pm, and can be done online or by phone.

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 online by experts from the Black Dog Institute.



FOR 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

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FOR 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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