

# SUPERFRIEND MENTAL HEALTH & WELLBEING TRAINING



SuperFriend provides employees with the confidence, skills, strategies and tools to ensure they are supported, safe and productive at work

## WHY

Mental Health & Wellbeing Training will:

- Help improve team cohesion and self care
- Encourage prevention and early intervention of mental illness
- Build the capacity and confidence of staff to support positive mental health and wellbeing in the workplace.

## HOW

Mental Health and Wellbeing Training utilises a blended learning approach to maximise learning outcomes and support on-the-job learning:

- STAGE 1:** Participants access SuperFriend learning portal and complete pre-course **KNOWLEDGE** session
- STAGE 2:** Participants attend face to face **SKILLS** workshop facilitated by registered psychologist
- STAGE 3:** Following the face to face workshop, participants access additional **KNOWLEDGE** sessions via the SuperFriend learning portal.
- STAGE 4:** Participants attend supplementary face to face **SKILLS** workshop to refresh knowledge and continue to build confidence and skills between 6 and 12 months after initial workshop.

## WHAT

| PARTICIPANTS WILL LEARN   | INTRODUCTION TO WORKPLACE MENTAL HEALTH | SUPERVISORS & MANAGERS TRAINING |
|---|---|---------------------------------|
| The difference between mental health and mental illness   | ✓                                       | ✓                               |
| What to do and what not to do in conversations when you are concerned about a colleague's wellbeing | ✓                                       | ✓                               |
| Where to get more help or information   | ✓                                       | ✓                               |
| Self-care and resilience strategies   | ✓                                       | ✓                               |
| Legal responsibilities of a manager   |   | ✓                               |
| The skills and strategies to develop a mentally healthy workplace                                   |   | ✓                               |
| How to support staff to be present and productive   |   | ✓                               |

  

| NEED TO KNOW  | INTRODUCTION TO WORKPLACE MENTAL HEALTH | SUPERVISORS & MANAGERS TRAINING |
|---|---|---------------------------------|
| Duration of pre-course (self-paced online learning) | 20-30 mins                              | 20-30 mins                      |
| Duration of SKILLS workshop                         | 2 hours                                 | 4 hours                         |
| Participants  | 6-16                                    | 6-12                            |
| Cost (inclusive of STAGE 1,2&3)                     | \$2,300 +GST                            | \$3,000 +GST                    |
| Cost (Stage 4 - Additional SKILLS workshop)         | \$2,200 +GST                            | \$2,200 +GST                    |

To book your team training please contact SuperFriend on 03 9615 8661 or email [programs@superfriend.com.au](mailto:programs@superfriend.com.au)

AVAILABLE NATIONALLY AND DELIVERED BY A REGISTERED PSYCHOLOGIST

