

A healthier headspace equals a healthier workplace.

The Lifeline Corporate Training program offers a range of courses to improve the mental health and wellbeing of your people, which in turn can help create a more productive, cost-effective and responsible workplace.

**Duration: 3 hrs face to face OR
2 hrs face to face**

Mental Health Chat is an introductory program designed to provide participants with some knowledge and awareness to:

- Recognise
- Respond
- Refer

when supporting someone who is experiencing a common mental health issue. There is also some information on self-care and stress management to ensure participants take responsibility for their own wellbeing.

Qualified, experienced Lifeline trainers deliver the training, and participants will receive a Statement of Attendance upon completion of this course.



Topics covered

Participants are introduced to the main signs that a colleague is not coping and may need help.

Topics covered include:

- Depression and anxiety
- Suicide
- When to be concerned
- Some simple tips to provide initial help
- Where to get help
- How to make a referral

Participants also learn about how to look out for themselves and their colleagues, including:

- Tips for stress management
- Promoting positive mental health (self-care)

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

For further information please contact:

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