Mental health and you

Understanding mental health issues to support you, your colleagues, friends and family.

Mental health issues are an increasingly common concern in both work and private settings.

Every year, 1 in 5 Australians are diagnosed with a mental health condition, with depression and anxiety being the two most prevalent diagnoses.

Most people spend a meaningful amount of their time at work. Therefore, workplaces have a significant role and responsibility in the management and understanding of mental health.

This workshop aims to increase understanding and reduce stigma around mental health.

Understanding mental health in the workplace not only improves the well-being of workers but reduces the likelihood of a psychological injury.

In addition, having a mentally healthy workplace reduces absenteeism, staff turnover, the likelihood of compensation claims, and increases overall productivity.

This workshop will help participants to:

- Define mental health
- Further understand what mental health involves
- Discuss the prevalence of mental health issues
- Explore mental health facts
- Identify mental health risk factors
- Identify signs of mental health distress
- Understand the link between mental health and the workplace
- Provide assistance to someone experiencing mental health challenges.
- Practice good self-care
- Where to seek support

More information

For more information or to book this workshop for your local government contact the LGIS People Risk Team at **peoplerisk@lgiswa.com.au or call 9483 8888.**