

Mental Health Aid 101: Supporting Mental Health in the Workplace

Have you ever had an experience where you became reactive to something or someone that didn't bother you earlier? Or perhaps you've felt so tired from your work week you avoided social outings, and don't find excitement in things that you used to enjoy.

What are some of the signs a colleague's mental health is under strain and how can you initiate support?

In this session, you will learn the common challenges and triggers of mental health in the workplace, to recognise early signs, and action steps on how to care for your own mental wellness and the people around you.

Learning Objectives

- Why mental health is important?
- Mental health challenges in the workplace
- Action steps: how can you initiate support?

Content Outline

Why is Mental Health Important?

- The Mental Health Spectrum
- Potential Mental Health Indicators
- How Mental Health First Aid Helps

Mental Health Challenges in the Workplace

- Triggers Inside and Outside of the Workplace
- What Factors Have Impacted your Mental Wellbeing Before?

Action Steps: How Can You Initiate Support?

- Initiating Support in the Workplace: Approach, Listen, Support
- Self-Care Practice: The ABC's of Self-Care