



## MENTAL HEALTH AT WORK

A mentally healthy workplace is good for business productivity and employee health and wellbeing.

The NSW Government is helping to create mentally healthy workplaces by offering businesses with less than 200 employees and all non-for profit organisations access to free programs.

### FREE PROGRAMS



#### FOR INDIVIDUALS

'Your mental health at work' online training

Join the 4,500 people trained, with 92% now having strong knowledge of managing their mental health at work.

This training is for all individuals in the workplace including sole traders, employees, tradespeople, apprentices and volunteers. Run by Black Dog Institute, you will learn how to identify warning signs of mental ill-health, understand what support is available, and learn techniques to improve wellbeing. Training is delivered via an online interactive workshop with a clinical psychologist, or via self-paced online training at a time and pace that suits you.



#### FOR MANAGERS

'Managing for team wellbeing' online training

Join the 4,400 leaders trained so far, with 85% now feeling confident to manage mental health issues in the workplace.

This training is for anyone who leads people. Run by Black Dog Institute, it will help you develop effective wellbeing leadership practices and manage your personal mental health at work. Training is delivered via an online interactive workshop with a clinical psychologist, or via self-paced online training available at a time and pace that suits you.



Check your eligibility and sign up now at:  
[mentalhealthatwork.nsw.gov.au](https://mentalhealthatwork.nsw.gov.au)