# MENTALLY HEALTHY WORKPLACES

# Frequently asked questions

**Who can participate in the free programs?**
All NSW private sector individuals or businesses with less than 200 employees, and all not-for-profit organisations of any size.

**Who <u>cannot</u> participate in the free programs?**
- Businesses that have 200+ employees; and
- NSW Public sector and government entities.

**How do businesses sign up for the free programs?**
1. Visit www.mentalhealthatwork.nsw.gov.au scroll down on the home page and click 'Sign up for free programs' tab.
2. Complete the program sign up form to assess your eligibility for free training.
3. Black Dog Institute, which delivers the free programs on behalf of the NSW Government, will then be in touch within 10 working days to organise training once your eligibility has been confirmed.

**How long is the training?**
- For individuals such as employees, sole traders, tradespeople and apprentices, and volunteers:
    1) Online interactive workshop – this is a live workshop that takes **2 hours** via Zoom.
    2) Self-paced online training – **45 minutes** and can be completed at a time and pace that suits you.

- For managers, supervisors, people leaders and executives:
    1) Online interactive workshop – live workshop that takes **3 hours** via Zoom.
    2) Self-paced online training – **1 hour** and can be completed at a time and pace that suits you.

**How many people can attend the online interactive workshops?**
Up to 25 people can attend the training. You can ask questions from a trained psychologist on issues that you may be facing regarding mental health in your organisation.

**What's the benefit (or difference) between the interactive workshops and the self-paced online training?**
In the interactive workshop you cover more material, workshop case studies and practice techniques to better learn skills and you can ask a clinical psychologist questions in real time.

**What other resources are available to NSW businesses, managers and workers?**
Visit www.mentalhealthatwork.nsw.gov.au to:
- Support your workplace throughout the COVID-19 recovery
- Complete the Mental Health Capability Check for simple steps businesses can take to make change
- Understand the risk factors for poor mental health at work
- Understand workplaces' legal responsibilities under WHS
- Use the tools specific for managers and workers
- Use the toolkit to support recovery at work
- Learn how our ambassadors are championing change in their workplace