

Mental Health Awareness Session

Building a Workplace Where Mental Health Conversations Are Normal, Clear, and Actionable

Why Mental Health Awareness Matters

Mental health affects every person in the workplace, yet many employees feel uncertain about how to approach conversations or offer support. Without a shared understanding, stigma remains, and issues go unaddressed.

This session gives every employee the confidence, language, and practical tools to engage in meaningful mental health discussions—ensuring well-being is embedded into daily workplace interactions.

The Business Case for Mental Health Awareness

- **Stronger Workplace Communication:** Employees gain clarity on how to talk about mental health in a way that feels safe and constructive.
- **Increased Engagement & Trust:** Open discussions lead to a workplace where people feel valued, heard, and solutions focused.
- **Reduced Stigma & Proactive Support:** A common language around mental health makes early intervention easier.
- **Alignment with Organisational Values:** Demonstrates a commitment to a workplace culture that supports well-being.

What the Session Covers

- ✓ **Creating a Common Language** – Practical ways to talk about mental health clearly and confidently.
- ✓ **Understanding the Signs** – How to notice when someone might need support.
- ✓ **Knowing When & How to Act** – The role every employee plays in fostering a mentally healthy workplace.
- ✓ **Embedding Well-Being in Workplace Culture** – Turning awareness into sustained action.

This program is delivered as a 1-hour interactive workshop, available both online and face-to-face.

Why Choose Well-Led Workplaces for Mental Health Awareness Training?

At Well-Led Workplaces, we focus on real conversations, not generic policies. This session makes mental health awareness **practical, relatable, and easy to apply**.

- **Designed for Every Employee:** Engaging and accessible training tailored to all workplace levels.
- **Actionable & Real-World Focused:** Employees leave with tools they can use immediately.
- **Aligned to Your Organisation's Values:** Reinforces well-being as part of your workplace DNA.
- **Led by Experts:** Experienced facilitators, with lived experience with mental health challenges and leadership roles, who make complex topics simple and impactful.

What People Say

"The training was clear, practical, and easy to apply—it's changed how we talk about mental health at work."

– Team Lead, October 2024

"Julie is an amazing instructor; her delivery was engaging and easy to understand. I have learnt a lot of new things. Also, very happy that she provided so many extra resources for professional help."

– MHFA Attendee, December 2024



Take the Next Step

Ensure your employees have the confidence and tools to support mental health at work.

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