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In-House Presentation Benefits

The benefits of running an Converge International in-house presentation include:

- minimal disruption to business operations and personnel
- tailored content relevant to your organisation, and
- cost effective solution for organisations requiring staff and management in entire departments or a wide range of representatives from across the organisation to attend.

Participant Quotes from Previous Presentations

"I have a greater understanding of what mental health is and how to assist in managing it within the workplace."

"It was most valuable, from the awareness of the different categories of mental illness to the handling of the illness."

"The clarification of the role of the manager and the employee's responsibility was invaluable."

About Converge International

Converge International - "where business meets life". Our organisation is the first and largest provider of enterprise wide people support services in Australia. With over 380 qualified personnel and 47 years experience, we annually provide 150 000 hours of service to organisations and companies. As a not for profit organisation we are passionate and committed to working with you to develop healthy, productive workplaces and employees in a remarkable and dynamic way.

What will it cost?

Converge International provides training and education services to contracted and non contracted organisations at competitively priced commercial rates. If you would like further information on our training and education programs or our rates freecall 1800 337 068.

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www.convergeinternational.com.au



where business meets life

Managing mental health
in the workplace



where business meets life



Why Managing Mental Health Issues is Important

Mental illness affects one in five Australians. This means most working Australians will at some time work alongside a person with a mental illness. Depression and anxiety disorders are the most common mental illnesses among Australians (SANE). It is essential organisations remain up-to-date with the latest information on mental illness and have policies and procedures in place to support people affected by mental illness. According to the Australian Bureau of Statistics, in Australia:

- there are more than 11 million visits to general practitioners each year for mental health-related conditions;
- women are more likely than men to report symptoms of anxiety disorders and depression; and
- men are twice as likely to report the symptoms of substance abuse

Depression alone is estimated to cost employers 3.5 billion dollars a year through absenteeism and reduced productivity. Depression accounts for six million full working days lost each year (Mental Health Council of Australia).

What is Mental Health?

Mental health refers to the psychological state of a person. It involves how people view themselves, their lives, other individuals, and the way they perceive challenges and options. Symptoms are often emotionally distressing and may interfere with their social functioning and capacity to handle daily life. These symptoms often require treatment.

Who Should Attend?

This presentation is relevant for people who are responsible for managing and caring for staff. This includes human resource officers, risk managers, occupational health and safety managers, line managers, psychologists and social workers.

Why Use This Presentation?

This presentation will provide participants with the skills to successfully manage mental health issues in an ethical and humane manner. During this presentation participants will:

- learn about the current relevance and importance of effectively managing mental health issues in the workplace
- gain an understanding of how to identify, understand and manage common mental health risk factors
- understand the importance of developing policies and procedures addressing mental health issues, and
- find out about available resources that can assist staff to manage mental health conditions.

Booking a presentation

To book a presentation, contact Converge International's Training and Education Institute on 1800 337 068.