
 Mental health causes the biggest decrement in productivity.
(Australian & New Zealand Journal of Psychiatry)

 Depression, anxiety and other psychological distress cost Australian employers \$5.9 billion in lost productivity each year.
(Australian & New Zealand Journal of Psychiatry)

 Untreated depression costs an organisation about \$10,000 per person through absenteeism and presenteeism. *(beyondblue)*

Join Australia and the world in raising awareness of mental health issues by running training workshops in your workplace in or around Mental Health Week.

Converge International offers a number of workshops relating to Mental Health, including:

- Managing aggression in the workplace
- Managing stress, depression and anxiety
- Managing stress
- Managing mental health in the workplace
- Managing change
- Work life balance
- Preventing suicide
- Bouncing back: building resilience

• October 10th - 16th: Mental Health Week across Australia • October 10th: World Mental Health Day • October 13th: Stress Less Day

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