

Mental Health in the Workplace

For senior and executive leaders



INTRODUCTORY TRAINING: 2 HOURS

Managing mental health: The business case

Our managing mental health overview is designed for executive leaders and decision makers to help them understand the business case for investing in mental health in the workplace, and gain a big picture understanding of how to foster a culture of mental health across an organisation.



What you'll learn

1. Why mental health in the workplace is important, including:
 - The return on investment for mental health spending.
 - The prevalence of distress and mental illness at work.
 - The impact of poor mental health on work productivity.
2. Understand the difference between mental health and mental illness.
3. A big picture overview of steps an organisation can take to proactively foster mental health and respond effectively to support those with mental illness.