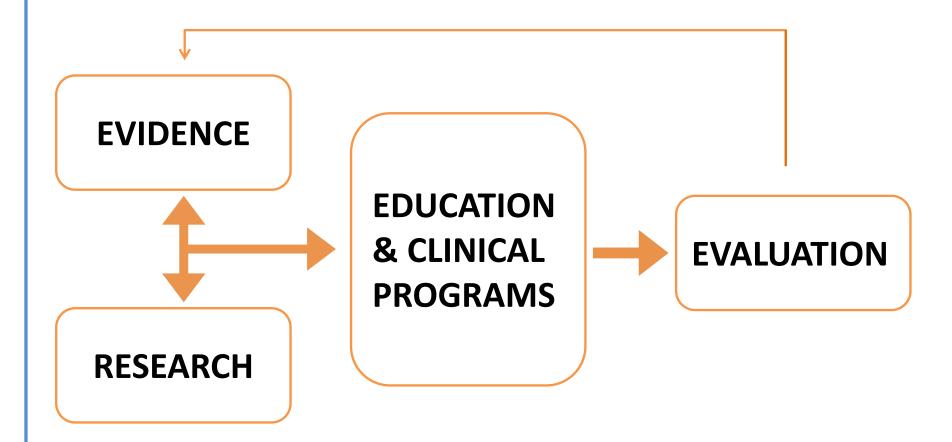
# Black Dog Institute Workplace Mental Health and Wellbeing Programs

Audrey Braun- Project Manager Workplace Programs



### BDI is a translational research institute





## What the research shows about the workplace and mental health



MENTAL HEALTH AND WELLBEING OUTCOMES



## Research shows preventative interventions are effective

HEALTHY WORKER SYPTOMATIC OR AT RISK WORKER

**MENTAL ILLNESS** 

SICKNESS ABSENCE









- Design and manage work to minimise harm
- Enhance personal resilience
- Promote protective factors at an organisational

- Promote and facilitate early helpseeking
- Support recovery from mental illness









Increase awareness of mental health and reduce stigma



## Our proposal focusses on these interventions

HEALTHY WORKER SYPTOMATIC OR AT RISK WORKER

**MENTAL ILLNESS** 

SICKNESS ABSENCE









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### A phased approach to the training

#### **Organisational resilience**

- ELT & SLT
- 1.5 hours face to face

#### Help and support

- ELT, SLT, ROMs
- 2 hours face to face

#### What is mental health?

- FLT
- 40 mins face to face
- Train the trainer
- Explainer videos
- Resource centre collateral
- myCompass

#### Managing for wellbeing

- ELT, SLT, ROMs
- 2 hours face to face

#### **Building resilience**

FLT

Year

- 90 mins face to face
- Train the trainer
- Explainer videos
- Resource centre collateral
- myCompass

## Year 1



## Program rollout is progressive to meet business needs

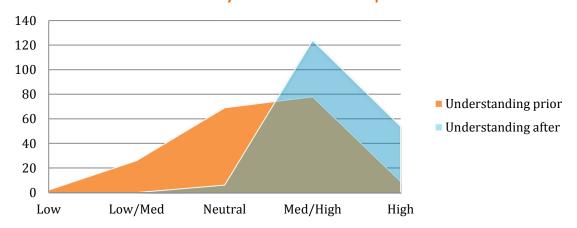
CUSTOMISE PILOT ADJUST DELIVER

	Year 1	Year 2	
ELT, SLT			
ELT, SLT, ROMs			
FLT			

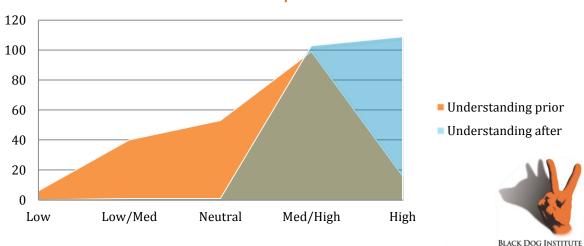


### We evaluate our programs for impact

I know the symptoms of depression and anxiety and how they manifest in the workplace



#### I know where to seek help for mental health issues



### **New Programs**

- Public program (3 hour workshop)
   Organisational Resilience
- 1 hour face to face session

  Mental Health is Everyone's Business



### Questions?

www.blackdoginstitute.org.au

