

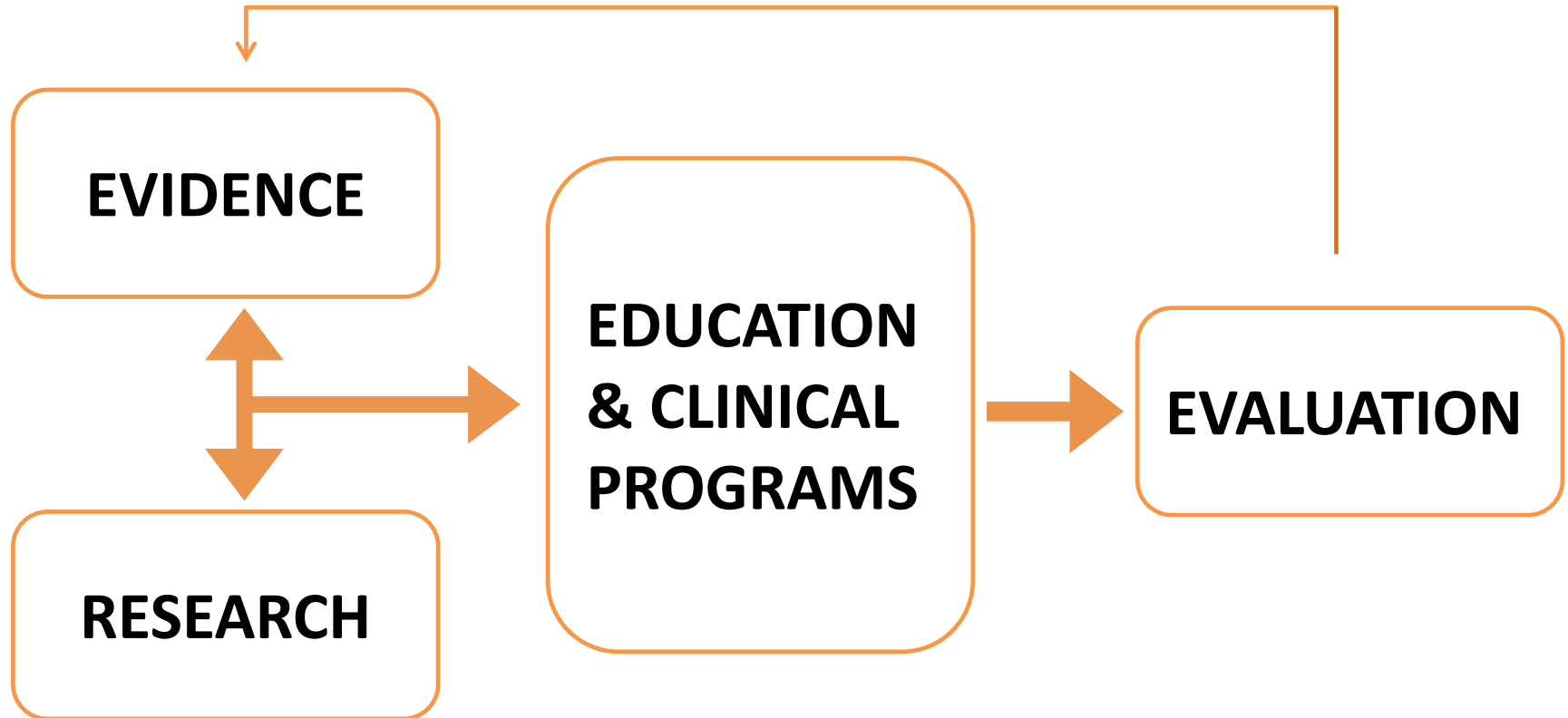
Black Dog Institute

Workplace Mental Health and Wellbeing Programs

Audrey Braun- Project Manager Workplace Programs



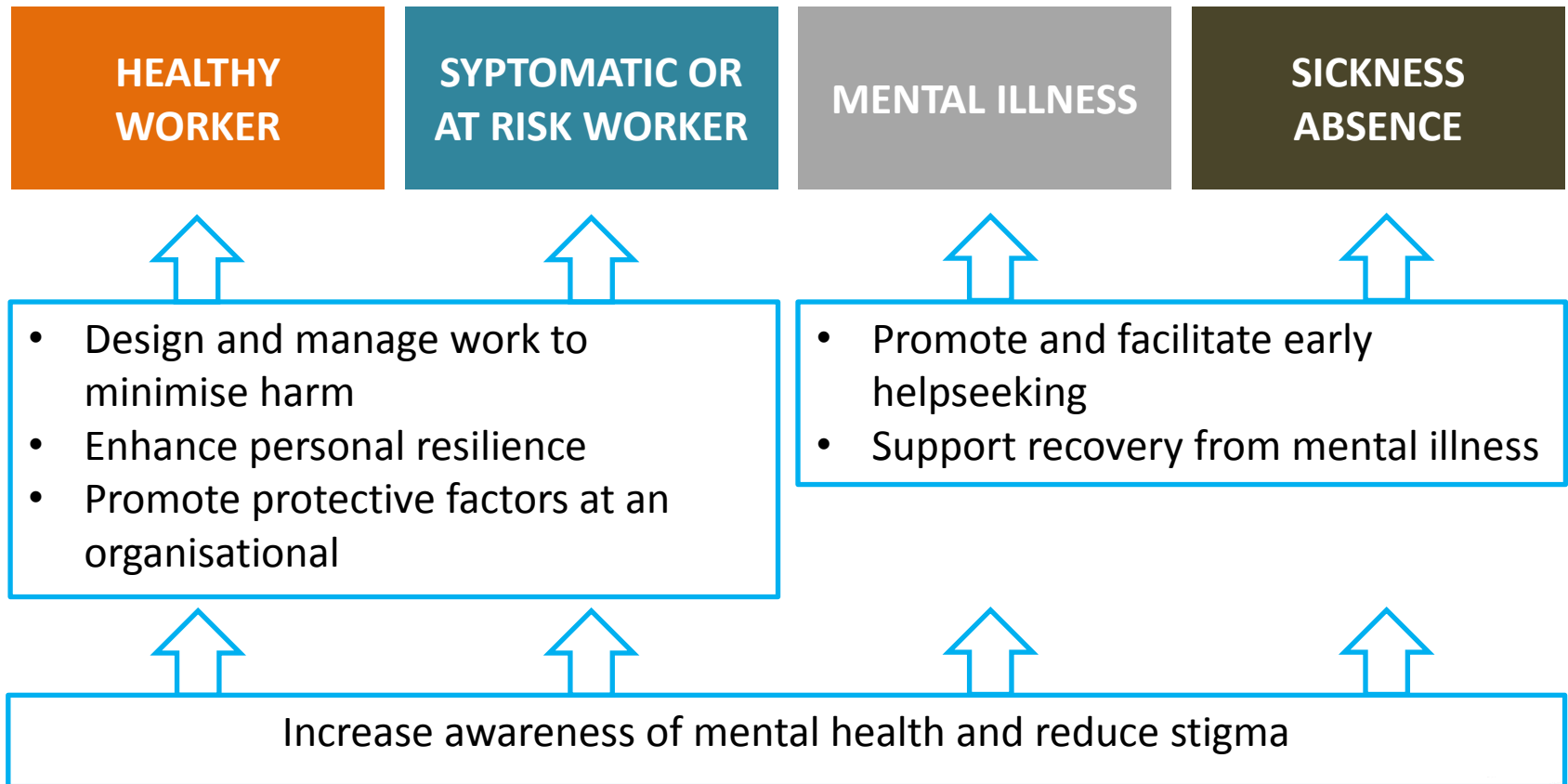
BDI is a **translational** research institute



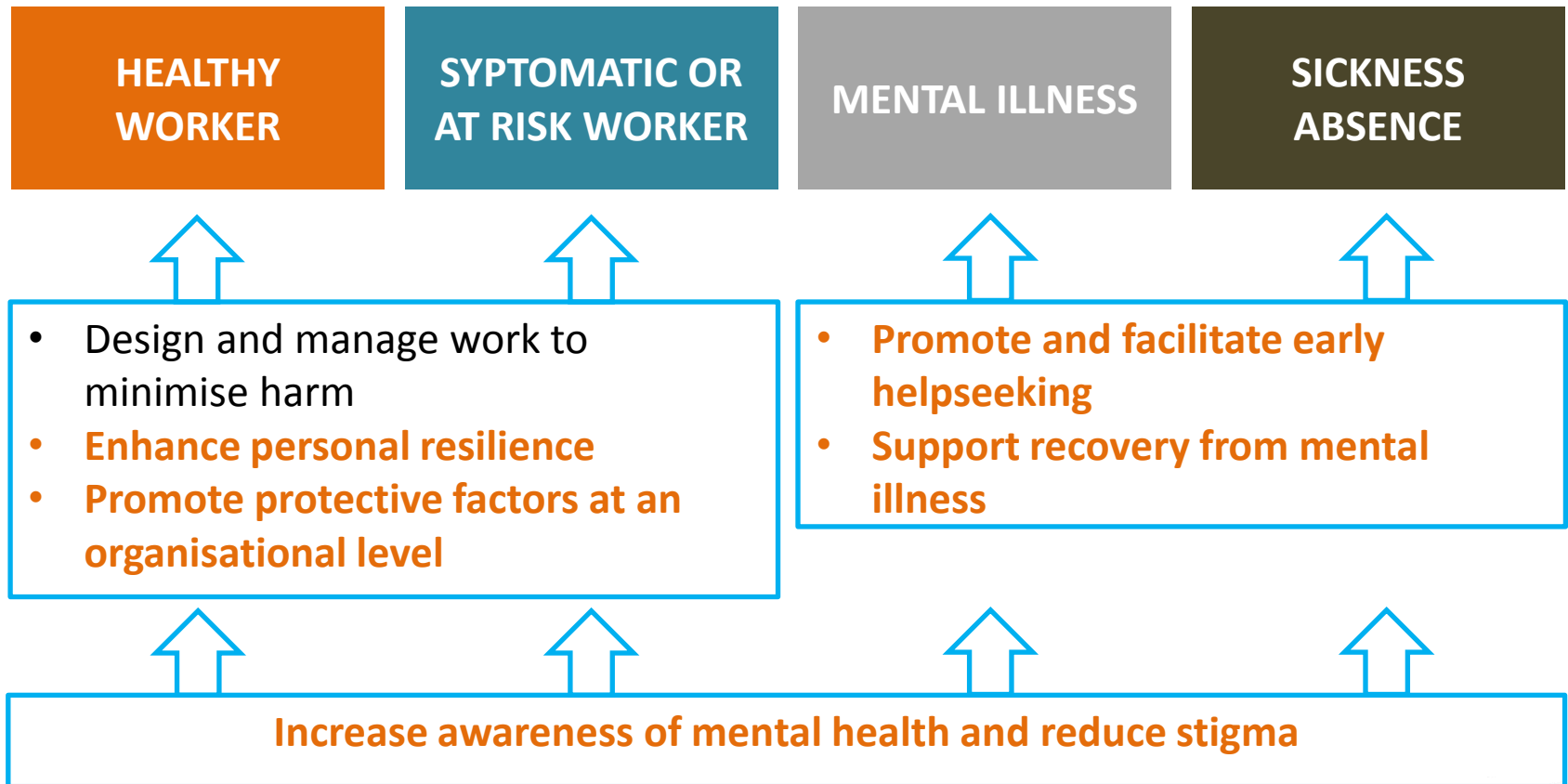
What the research shows about the **workplace** and mental health



Research shows **preventative** interventions are effective



Our proposal focusses on these interventions



A phased approach to the training

Year 1

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

Year 2

Managing for wellbeing

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

Building resilience

- FLT
- 90 mins face to face
- Train the trainer

- Explainer videos
- Resource centre collateral
- myCompass

Program rollout is **progressive** to meet business needs

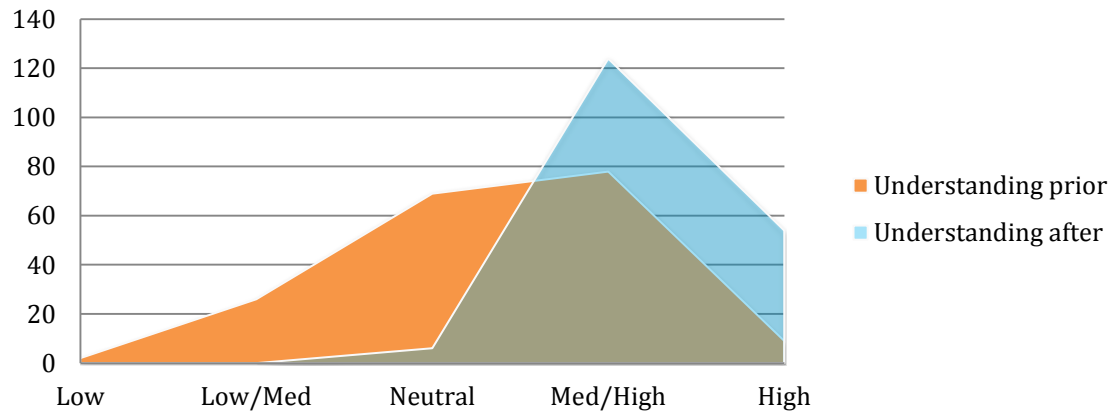


	Year 1				Year 2			
ELT, SLT								
ELT, SLT, ROMs								
FLT								

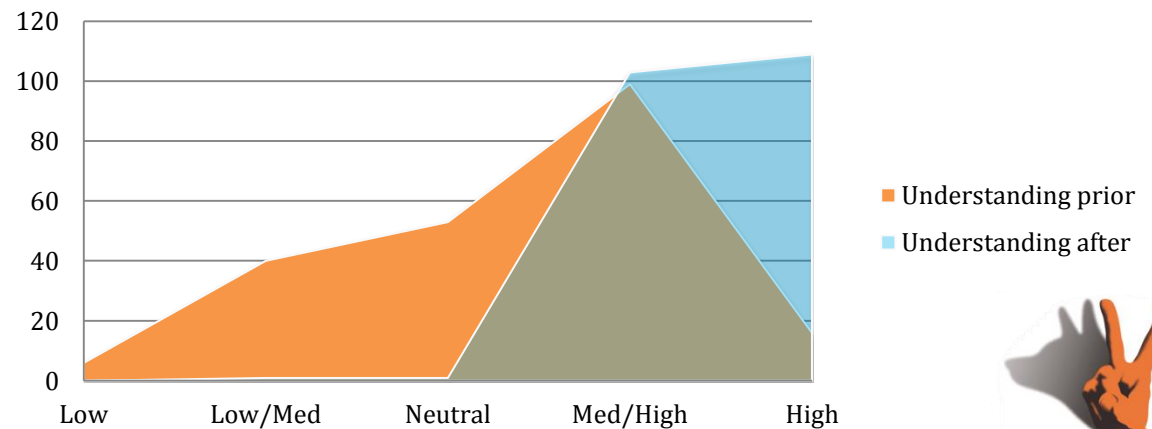


We evaluate our programs for **impact**

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



BLACK DOG INSTITUTE