



INTRODUCTION TO MENTAL HEALTH

**A GREAT STARTING POINT
TO IMPROVE STAFF AWARENESS AND
UNDERSTANDING OF MENTAL HEALTH.**

IMPROVE WORKPLACE MENTAL HEALTH AND WELLBEING

This engaging and practical 1-hour seminar helps increase employee awareness and promotes a general understanding of mental illness, mental health and the importance of personal wellbeing.

At the end of their training, your staff will have higher awareness and understanding of key strategies they can use to improve their psychological, emotional and social wellbeing.

TOPICS COVERED IN THIS SEMINAR:

- Introduction to mental wellbeing
- Influences on mental health
- Prevalence of mental health issues in New Zealand
- Common concerns around anxiety and depression
- 5 keys to wellbeing
- Importance around good support networks
- Sources of assistance and resources available



IMPROVE MENTAL HEALTH AND WELLBEING IN YOUR WORKPLACE TODAY!