MENTAL HEALTH AWARENESS
LEADERS eLearning Course

A comprehensive and affordable corporate eLearning course for leaders and managers to increase their awareness of mental health, proficiently manage mental health conditions in the workplace, and help reduce the stigma associated with mental health conditions. This award winning course is also specifically designed to assist your organisation to meet its legal and moral obligations for managing mental health in the workplace.

Course Overview

Provide your leaders and managers with practical knowledge, skills, and tools to recognise, and effectively manage and support employees in your organisation experiencing a mental health condition.

The course content includes information to:

- encourage helpful attitudes and behaviours towards employees with a mental health condition
- improve mental health condition literacy
- recognise the signs and symptoms of the most common mental health conditions (anxiety, depression and substance abuse)
- understand relevant roles and responsibilities including the law and mental health conditions
- performance manage an individual who may have a mental health condition; and
- how to have an effective conversation with someone experiencing a mental health condition and link them into help.

This evidence based eLearning course features interesting content, visually appealing graphics, is highly interactive, and uses multimedia such as videos and animations. The course is designed to capture your employee's attention and keep them engaged for the duration of the course. Each participant receives a digital certificate signed by a registered psychologist upon course completion and access to the leader´s eToolkit.

A teams version of the eLearning course is also available - please see overleaf.

Nothing inspires us more than helping you create a mentally happier and healthier workplace.

Target Audience: Executive, senior, frontline and emerging leaders and managers who have, or will have direct people leader/manager responsibilities.
Use: Core training, in inductions, as a refresher, or for remote or adhoc training needs
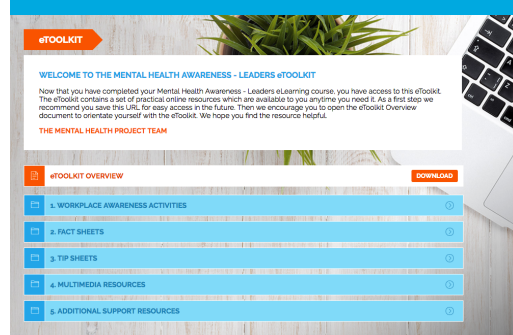**Course Length:** 60 minutes
Competency Based: Yes
Responsive Design: Yes (PC/MAC and tablet)
Customisable: Yes - fully customisable including translation
Minimum Participants: 5
Maximum Participants: Unlimited

eTOOLKIT

This eLearning course is accompanied by an online digital toolkit – accessible to all participants after each course. The purpose of the toolkit is to provide your managers and HR/HSE teams with a set of practical on demand resources to:

- review to reinforce and extend on the content covered in the eLearning course
- refer to on an as needed basis to help them with managing mental health and wellbeing in the workplace
- utilise to raise awareness of mental health and wellbeing in your workplace thereby reducing the need to engage consultants or external parties to do this for you

The eToolkit contains a schedule of activities that your managers or HR/HSE department can conduct throughout any given calendar year along with factsheets, tip sheets, posters and videos to refresh and build on the content covered in the eLearning module and for sharing with employees.

MENTAL HEALTH AWARENESS
EMPLOYEES eLearning Course

Complementing the Mental Health Awareness - Leaders eLearning course, the Employee's version is an eLearning course for all level of employees to increase their awareness of mental health conditions and help reduce the stigma associated with mental health conditions in the workplace. The course is designed to help all individuals within your organisation to understand mental health conditions and their role and responsibility with respect to mental health conditions in the workplace.

Course Overview

The purpose of this course is to provide your employees with the knowledge, skills, and tools to recognise mental health conditions, and understand their role and responsibilities with respect to mental health conditions. The course content includes information for employees to:

- improve their mental health condition literacy
- encourage helpful attitudes and behaviours towards colleagues with a mental health condition
- know how to recognise the signs and symptoms of the most common mental health conditions
- understand their responsibilities including the law and mental health conditions

Each participant receives a digital certificate signed by a registered psychologist upon course completion.

Target Audience: Office-based, onsite or mobile employees, consultants, contractors or team members at all levels.

Use: Core training, in inductions, as a refresher, or for remote or adhoc training needs

Course Length: 45 minutes

Competency Based: Yes

Responsive Design: Yes (PC/MAC and tablet)

Customisable: Yes - fully customisable including translation

Minimum Participants: 5

Maximum Participants: Unlimited

the mental health project

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LEARNING MANAGEMENT SYSTEM (LMS)

Being SCORM compliant, our eLearning courses can be hosted on your organisation´s SCORM compliant Learning Management System (LMS) or if you don´t have an LMS, on our user friendly corporate LMS platform.

Our LMS has all the features you need to report, track and manage your training across your organisation, multiple sites or even multiple organisations. We manage your set up and guide you through the eLearning process. All data is stored in Australia in a secure environment with comprehensive back up and redundancy. Full technical support is also provided with our hosted LMS options.

"Our management team found The Mental Health Awareness – Leaders course content to be incredibly informative, yet delivered in an engaging and practical way. We have used other providers in the past, but found their offerings to be clunky, out of date and completely unengaging, whereas the training offering by The Mental Health Project kept learners interested throughout. The team at The Mental Health Project were focused on our needs, and very easy to deal with. We will definitely utilise the Mental Health Project for their cost effective eLearning offerings in the future. Highly recommended!"

Alexei Bebec, CEO, Austunnel

If you like what you have read and are interested in finding out more we would love to hear from you to find out how we can help you with your mental health and wellbeing eLearning requirements. Connect with us via phone or email and we can discuss your needs further and provide you with a no cost initial consultation and course demonstration either at your office or online.

t +61 8 6102 0706
e info@thementalhealthproject.com.au
w thementalhealthproject.com.au

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Inspired mental health & wellbeing elearning