

# Wellbeing & Mental Health in the Workplace

Duration: 1 hour

Price: \$1000 + GST



## What is covered?

- ✓ What is mental illness?
- ✓ What is anxiety?
- ✓ What is depression?
- ✓ What does substance misuse?
- ✓ What is Positive Psychology?
- ✓ What is PERMA?
- ✓ Types of intervention strategies
- ✓ What is Toxic masculinity?
- ✓ What is stigma?
- ✓ What is negative bias?
- ✓ What is gratitude practice? Why is it important for wellbeing?
- ✓ Why is early intervention so important?
- ✓ What is an EAP? How can I access?
- ✓ Good websites & telephone support