

Mentally Healthier Small Businesses

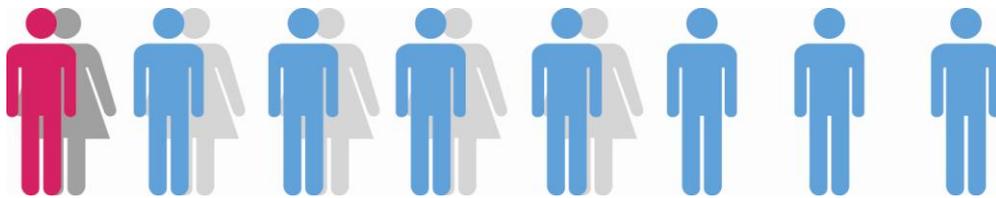


Is your business eligible to receive *beyondblue's* subsidy funding to improve mental health in your workplace?

Since 2012, DTC has delivered *beyondblue's* National Workplace Program (NWP) to over 67,000 employees in organisations across Australia. The National Workplace Program (NWP) has been specifically designed to create awareness of mental health issues and assist organisations to take action using early intervention and prevention strategies, and aims to;

- ▶ Increase awareness of depression and anxiety and associated impact in the workplace
- ▶ Increase confidence to approach a colleague who may be experiencing depression or anxiety
- ▶ Develop principles and planning to assist an employee with a mental health condition
- ▶ Improve understanding of a manager's responsibility in assisting employees with mental health conditions
- ▶ Increase confidence to assist and/or manage an employee with a mental health condition

Statistics show 1 in 8 men and 1 in 5 women will experience depression in their lifetime¹.



How does the subsidy work?

beyondblue will provide up to 75% subsidy to any NWP workshop booked and delivered by DTC between **1 March 2015 and 30 June 2015**. All participant workbooks and workshop materials are included in the workshops fees.

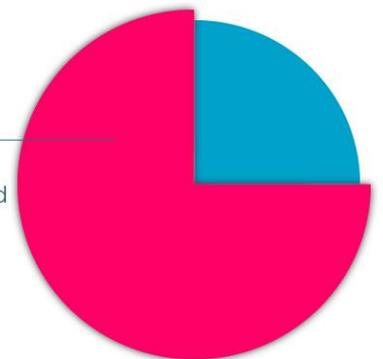
Is my organisation eligible?

Organisations who meet any of the following criteria are encouraged to book;

- ▶ Small business (up to 20 employees) with male dominated population
- ▶ Small business (up to 20 employees) from finance sector
- ▶ Small to medium business (1-199 employees)
- ▶ Not for profit/community organisations

Three quarters of Australian employees believe workplaces should provide support to someone experiencing depression or anxiety².

75% believe workplaces need mental health support



The National Workplace Program (NWP) includes five specific workshops to reach all levels of your organisation.

Senior Executive Briefing

\$1200 +GST

This briefing is designed to highlight the importance of mental health in the workplace to senior executives. The presentation incorporates a business case for tackling the most common mental health problems in the workplace and leadership strategies to address mental health in the workplace.

Audience: Executive and senior management
30 - 60 minutes | 15 participants

Organisational awareness

\$1200 +GST

This presentation is designed to increase awareness among staff members about depression and anxiety conditions, their impact and support for mental wellbeing in the workplace.

Audience: staff at all levels within the workplace
1 hour | 100 participants

Employee awareness to action

\$1600 +GST

This workshop is designed to increase awareness among general staff members about the most common mental health problems in Australia and their impact on the workplace. Participants will also, through the use of DVD case studies and structured discussions, increase their confidence to approach a colleague they may be concerned about.

Audience: General staff groups excluding managers, supervisors and team leaders
2 hours | 25 participants

Manager Awareness, impact and action

\$2000 +GST

This workshop is designed for managers to enhance their knowledge about the impact of the most common mental health problems on individuals, the workplace environment and the organisation as a whole. Through the use of DVD case studies and structured discussions, participants will become more confident in the principles and planning required to approach an employee they may be concerned about. Participants will also spend time developing management strategies to address mental health within their organisation.

Audience: Managers, supervisors and team leaders
3 hours | 25 participants

Strategies and solutions for HR Professionals

\$2600 +GST

This workshop is designed specifically to enable HR professionals to promote mental health awareness and to meet the challenge of addressing depression, anxiety and related disorders in the workplace. Participants will be guided through the fundamentals of mental health conditions in the workplace, including an examination of prevention strategies at an organisational level, how to develop appropriate policies and procedures, and how to advise managers on addressing mental health problems with their staff.

Audience: HR Executives, Managers and staff, OH&S, Workers compensation and Injury management roles
4 hours | 20 participants

** beyondblue subsidy applies to all workshop fees inclusive of GST.*

Contact our [MentalWellbeing@Work™ Team](mailto:MentalWellbeing@Work™) on 1300 134 644 to book your organisation by **30th April, 2015**.

As mental health experts, we will help you choose a suitable workshop for your employee population and arrange for an accredited facilitator to present the NWP workshops at your preferred location.

For more information visit www.davcorp.com/mentalwellbeing@work™.

1. Australian Bureau of Statistics (2008) *2007 National Survey of Mental Health and Wellbeing; Summary of Results* (4326.0). Canberra: ABS.
2. Heads Up; *2014 State of Workplace Mental Health in Australia Report*