



headspace
National Youth Mental Health Foundation



headspace consultation & training program

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headspace provides training, advice and consultation to workplaces to assist you in improving the mental health and wellbeing of your staff.

Our clinicians are committed to supporting businesses to improve their workplace culture and response to mental health difficulties and critical incidents.

We also provide training and education packages to suit your business, from courses that introduce the concepts of mental wellbeing to custom-designed training for specific needs within your organisation.

headspace mental health training and consultation services, provide your staff with the skills and confidence to promote positive mental health and support others in the workplace.

**over
1.9 million**

young people (under 25)
in Australia are
in the workforce

1 in 4



young Australians
experience a mental health
issue in any given year



of lifetime mental health
issues emerge by the
age of 25



consultation and content expertise

We understand that businesses have specific needs when it comes to effecting positive culture within the workplace.

We can provide consultation and advice within your organisation including:

- Developing workplace mental health and wellbeing policies
- Workplace process i.e. How to support young people returning to work
- Recommendations for wellbeing strategies for the business based on staff evaluation data
- Facilitation of enhanced links with local mental health services including headspace centres
- Recommendations for additional training or external services



**R.O.I
\$2.30**

Every dollar invested in creating a mentally healthy workplace can result in a positive return on investment of \$2.30.

**\$17 billion
per year**

the collective impact of mental ill health on Australian workplaces.

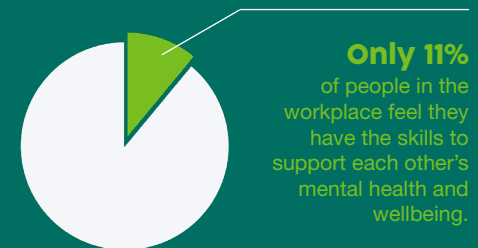
resource and content development

headspace is an expert in developing engaging content for workplaces on mental health and wellbeing.

We have extensive experience in the creation of resource and educational content in a variety of ways. This includes the design of written material, suites of short videos, LMS modules and content for social media.

Our team has developed mental health resources for a range of government, for-profit and not-for-profit organisations including industry leaders in the field of sports, retail, hospitality and finance.

We offer a bespoke service, that can be directly tailored to suit the needs of your organisation and teams. Unlike a generic copywriting service, all content developed by headspace will be designed and developed by mental health clinicians with extensive practise knowledge and experience, and suited to the specific needs of your organisation.



Only 11% of people in the workplace feel they have the skills to support each other's mental health and wellbeing.

training packages

headspace provides flexible, customisable training packages, created and facilitated by experienced mental health clinicians. We offer a range of evidence based programs for employees, managers and teams including: Supportive Conversations for Managers, Wellbeing Training, Train-the-Trainer, Safe Story Telling and Lunch & Learns.

Supportive Conversations for Managers

This half day (four hours) training is designed for staff at a management level who have a role in supporting their staff's wellbeing and mental health. Participants gain skills on how to have supportive conversations related to mental health and will develop a greater understanding of the importance of supporting young people who are having a difficult time and how to intervene early. It is expected that at the end of the training participants will have an enhanced understanding of the factors that influence participants own mental health and the importance of self-care in being able to support others.



Wellbeing Training

This half-day (four hours) training is delivered to staff at all levels within your organisation. It addresses factors that impact on stress and resilience, with a focus on skill-building and awareness-raising. It equips staff with the confidence and ability to make changes within their own lives and positively impact on the psychological health of their workplace.

Train-the-Trainer

This full day (six hours) training is designed for participants who will have a role in delivering mental health and wellbeing training across their organisation. Participants will gain a greater understanding of skills and techniques required to effectively facilitate training in a safe and meaningful capacity.

It is expected that participants have completed headspace Wellbeing Training, before attending Train-the-Trainer.

Safe Story Telling

This half day (three hour) training is designed to enable participants to share their lived experiences of mental ill health in a positive and powerful way that allows for effective advocacy and education whilst maintaining the safety of the storyteller, audience, community and organisation. The training addresses core-components of safe storytelling including; supporting participants to develop narrative and key messages, prepare and edit their story and to organise support and prepare for afterwards.

"I believe this should be fundamental training in all workplaces. In order to break down the stigma and create more supportive workplaces."

— Sportsgirl participant

"Loved the experience. Plenty of anecdotal stories and references to research and studies."

— Target participant

"Loved every bit of it. Engaging and informative!"

— Kmart participant

training packages

Lunch & Learns

Lunch & Learns (45-60 minutes) can be a great way to introduce your staff to mental health and wellbeing concepts.

Please note, in order to be cost efficient, our lunch & learns can only be provided proximal to the Melbourne CBD or as an adjunct to other training related travel.

We currently offer lunch & learns around our 7 Tips to a Healthy headspace. The available topics are:

1. Get good sleep
2. Eat well
3. Connect
4. Cut back on alcohol and other drug use
5. Stay active
6. Learn new ways to handle tough times
7. Get into life

headspace also have capacity to create lunch & learns around mental health and wellbeing topics that are important to you and your staff outside of the 7 tips.

Any new content needs to be negotiated with a member of the training team and will be costed based on the level of input required.

“Fantastic and insightful. Felt curated for us.”

— YMCA participant



**to find out how to
improve the wellbeing
of your workplace
contact:**

headspace Corporate Partnerships

corporatepartnerships@headspace.org.au



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