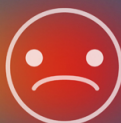


Workplace Mental Health and Wellbeing



Mental Health in the workplace is often overlooked or misunderstood.



Forsythes
Training

Join us for a light breakfast and hear Caddie Marshall & Craig Hamilton give a brief on how you can best support your organisation.

Learn how to make tangible differences to help people deal with mental health issues within and outside the workplace.

Obligations under Workplace Safety Legislation – With mental illness costing Australian business \$11 billion per annum in lost productivity and compensation, it is imperative that employers, managers and supervisors have a sound understanding of mental health relative to the workplace. Learn how to reduce risk and therefore reduce liability.

Risk Management – Identify risks to help managers and peers provide extra support for staff at times of increased risk.

Awareness of Signs & Symptoms – Understanding the signs and symptoms of mental illnesses also reduces ignorance and stigma and promotes a compassionate, empathetic workplace environment.

Promotion of 'Help Seeking' Behaviour – Identify common barriers with the intent of breaking them down and promoting a workplace culture that promotes, encourages and supports early help seeking behaviour.

Mental Health First Aid (MHFA) – Learn about the MHFA Program, its content and benefits to individuals and organisations.

Friday 13th March 2020

8.15am for a 8.30am kick off – 10.30am
Light breakfast provided

Green Room – Townson Oval

24 Mitchell St, Merewether

RSVP

RSVP by Friday 6th March 2020

Please call Julie Carroll on [0409 039 469](tel:0409039469) or email jcarroll@forsythestraining.com.au



Presenter - Caddie Marshall

Caddie has conducted the award-winning Mental Health First Aid (MHFA) Program in NSW, VIC, WA and QLD for over 11 years. She has lectured into postgraduate and undergraduate programs in Business and Nursing including Coordinator of the Mental Health Literacy and MHFA program at the University of Newcastle.

As a Registered Mental Health Nurse Caddie brings experience and context to the program delivery and enjoys an "edutainment" approach to learning.



Presenter - Craig Hamilton

Craig Hamilton is an internationally sought after motivational speaker who tells what it's like to battle serious mental illness and provides hope and motivation to others.

Craig was born in the Hunter Valley town of Singleton and spent the first 16 years of his working life working as an underground coalminer in the Newcastle area before embarking on a radio career fulltime in 1999.

In the year 2000, just prior to the Sydney Olympic Games where he had been selected to work as a broadcaster, Craig experienced a psychotic episode and was diagnosed with Bipolar Disorder.

He spent 12 days in hospital and, since his recovery, has become one of Australia's most high profile speakers on Mental Health, Lifestyle and Wellbeing .