Mental Health - Working from Home – 2 Hour Course

Description:

This two (2) hour training course provides training for work colleagues who are required to work from home. Mental Health issues are becoming increasingly prevalent in Australia, especially at times when factors outside of the workers control increase anxiety and depression. This course provides general awareness of mental health issues that can affect all workers, specifically those working at home or remotely. The course will identify the factors that can affect mental health at work, typical symptoms and support options.

Learning Outcomes:

On completion of this course participants will be able to:

- Understand the factors that can impact on mental health at work.
- Understand how stress can impact on your overall health.
- Understand the importance of human interaction.
- Know the importance of setting time limits, boundaries and work routines.
- Know the importance of holding yourself accountable.
- Understand how physical activity can benefit your mental health.
- Implement practical strategies to improve mental health when working from home.
- Identify where to seek assistance if needed.

Training Methodology:

This course is delivered via video conferencing to a maximum of 20 work colleagues.

Investment:

Price on application.
Discounts apply to Safety Partnership Program members.

Certification:

Participants will receive a Certificate of Attendance.

Safety Australia Group - ABN: 22 133 366 300
t: 1300 585 128 f: +61 2 9709 8811 e: admin@safetyaustraliagroup.com.au
www.safetyaustraliagroup.com.au **We save lives.**