



## Corporate Training



### Mental Health and Wellbeing

Mental Health and Wellbeing\* is an evidence and practice informed mental health awareness course that defines and explains current concepts and thinking around staying mentally healthy, and the factors that support wellness.

It highlights the importance of managing stress and building resilience, and how to put that into practice, equipping participants with the tools to work towards taking responsibility for their own wellbeing.

The course is open to anyone and no pre-existing skills or knowledge are required.

*\*We can also tailor the course to suit your corporate environment.*

#### Delivery

Mental Health and Wellbeing is an online course providing strategies to improve wellness and plan self-care.

#### Total Course Duration

~ 90 minutes

#### Structure

Self-paced, eLearning

#### Outcome

Participants will be able to understand the importance of social connection and supportive relationships in building wellness.

Participants will also be able to plan and implement strategies to self-care, manage stress and build resilience.

For more information:  
E: [corporatetraining@lifeline.org.au](mailto:corporatetraining@lifeline.org.au)  
W: [lifeline.org.au](http://lifeline.org.au)



## About Lifeline

- We are a leading provider of crisis support, mental health and suicide prevention programs in Australia
- We are a Registered Training Organisation (RTO)
- Our approach is evidence based
- Best practice programs delivered nationally by qualified and experienced Lifeline trainers
- Developed by trainers and subject matter experts
- Externally evaluated and continuously improved

## About Corporate Training

Lifeline Australia offers a range of training programs based on the development of mental health awareness and skills. By choosing a Lifeline training program you benefit from our experience and expertise, built on decades of delivery as a leading provider in the mental health sector.

## What sets Lifeline apart?

Lifeline is a national organisation that has been providing a range of crisis support and suicide prevention services in Australia for more than 50 years.

We specialise in the areas of crisis support, suicide prevention, mental health and well being as well as domestic and family violence awareness.