



Workplace and Community Training

At some point in our lives, our mental health will be impacted by events or stressors. We will come into contact with people who are similarly impacted by stress and mental health issues.

By demystifying mental health concepts and encouraging people to talk openly about their emotional state, we can reduce stigma and begin to build mentally healthy workplaces and communities.

By doing so we promote connection, empathy, and inclusion and create firm foundations for our wellbeing.

Lifeline Workplace and Community Training's award-winning Mental Health and Wellbeing course explains current concepts and thinking around mental health and the factors that support wellness.

Lifeline Australia

Lifeline Australia delivers accredited and non-accredited education and training programs focusing on building resilience, suicide awareness and prevention.





Workplace and Community Training

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 encourages people to:

- explore their emotional state
- develop strategies to build resilience, and
- proactively plan their individual self care.

The Lifeline Workplace and Community Training approach is evidence informed.





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Course Delivery

Our courses are a blend of instructor-led and self-led courses.

The instructor-led courses can be delivered virtually or face-to-face, providing an interactive and thought-provoking learning experience.

Lifeline Workplace and Community Training Mental Health and Wellbeing course is self-enrolling and self-paced and takes approximately 90 minutes to complete.



**BEST PANDEMIC RESPONSE - RESILIENCE &
WELLBEING AWARD**

Our programs are developed by trainers and subject-matter experts, with continuous improvement strategies in line with the needs of communities.





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What some of our participants have to say

"Different ways of thinking. Reminds me about resilient. Helps me to further extend my knowledge that in turn allows me to help family, friends and at work with clients."

"I liked the holistic approach to wellbeing. Too often we get caught up with trying to find the one quick fix to everything, whereas instead we should be doing a little in every aspect of our lives.."

"I have a better understanding the differences between the mental health and mental illness and how we cope up with it. Understanding the resilience can do and also how our wellbeing is important as well."

For more information:

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