



# The Working Mind

## Shape a mentally healthy workplace

The Working Mind is an evidence-based program helping workplaces prioritise mental health – not just manage it.

**Equip leaders. Empower teams. Transform workplaces.**

### About The Working Mind

The Working Mind (TWM) is an evidence-based program proven to shift workplace culture and strengthen mental wellbeing.



#### Understand mental health

Recognise signs of good, declining and poor mental health



#### Foster psychologically safe environments

Embed conversations about mental health in daily operations



#### Address stigma at every level

Challenge attitudes and promote respectful informed approaches



#### Build resilience

Learn and practise coping strategies during times of stress

### Why bring TWM to your workplace?



When employees feel supported, they **perform better.**



When leaders feel confident, **teams thrive.**



When mental health is normalised, **culture transforms.**



**The Working Mind**



**MENTAL HEALTH FIRST AID Australia**



# Transform your workplace culture.

## Duration & Format

Duration	Face-to-Face	Online
 <p>8 hours (for managers) 5 hours (for employees)</p>	 <p>Instructor-led face-to-face session delivered in your office or at a public course.</p>	 <p>Instructor-led video conferencing delivered to your workplace or as a public course.</p>

## Program breakdown

TWM includes four carefully designed modules.



**Mental health stigma:** Examine concepts of mental health and discuss the impacts of stigma on individuals living with mental health or substance use problems.



**Mental health stigma:** Examine concepts of mental health and discuss the impacts of stigma on individuals living with mental health or substance use problems.



**Stress and resilience:** Explore the impacts of stress on mental health, and practice applying the Big 4 Coping Strategies – simple but proven tools to deal with stress effectively and remain resilient.



**Supporting your team (Managers only):** Practise skills to support your team’s mental health and wellbeing. Review appropriate actions to take to support employees.

## What’s the difference between TWM and MHFA?

Mental Health First Aid and The Working Mind are complementary courses, designed to be delivered together in workplaces. Having both programs ensures your workplace has a supportive and non-judgemental culture around mental health (TWM) and employees are equipped to respond to colleagues in distress (MHFA).



**Take the next step**

Bring The Working Mind to your workplace to build skilled leaders, stronger teams and a supportive culture.

