

# BUSINESS MENTAL HEAL+H CHECK



**ONE IN FIVE** employees report that they have taken time off work **due to feeling MENTALLY UNWELL** in the past 12 months.<sup>(1)</sup>



## Leadership for Mental Health:

A **three hour workshop** for Managers/Supervisors to identify and respond effectively to workplace mental health issues by using a supportive recovery focused approach.

### Pricing:



**Face-to-Face:**

**\$4,000**

(15 - 20 people)



**Online:**

**\$200**

(per person x 3 hours)  
Requires additional resources

**MDS**  
Training

**MDS Training** RTO no. 70215

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/BusinessMentalHealthCheck

1. Heads Up.org - State of Workplace Mental Health in Australia:

<https://www.headsup.org.au/docs/default-source/resources/bl1270-report---tns-the-state-of-mental-health-in-australian-workplaces-hr.pdf?sfvrsn=8>