

“Managing Mental Health in the Workplace: Building resilience and supporting workers with mental health concerns’

Nearly half of the population in Australia will experience a mental illness at some point in their working life. Therefore, it is highly likely that as a manager you will be working with, supervising or managing an employee with a mental illness at some time. Employers have a responsibility to support employees with mental health concerns in the workplace and should consider employee mental health as much a responsibility as any other occupational health and safety issue. However, despite this responsibility, most employers do not know how to manage employees who are suffering a mental illness, or know what their legal responsibilities are, or how support employees with a mental illness. The workshop aims to provide managers, HR professionals and team leaders with the tools to effectively assist employees who are returning to work after a mental illness or who are continuing to work and manage their mental illness.

What is covered in this workshop:

- Understanding mental illness, with an emphasis on mood disorders and anxiety disorders;
- Mental illness and the impact on work;
- The impact of domestic violence on the workplace – what can you do;
- Mental illness in the workplace- An employer’s responsibilities;
- Reasonable accommodation and adjustments – What does this mean, and what are your obligations as a manager;
- How to support, effectively communicate and build trust with an employee who is suffering with a mental illness;
- Developing resilience at work: In individuals and teams;
- Self-care – As a manager, looking after your own mental health.

Participants will be provided with copies of the power point slides and an extensive workbook that expands on all the materials contained in the slides.

The Presenter:

Moira Jenkins PhD, is a Clinical Psychologist who has further developed her practice in the area of occupational health. While she continues to see individual clients with mental health problems in her private practice, she also works extensively in the area of workplace conflict management, and preventing and managing bullying and harassment. She is currently developing a group rehabilitation program aimed



to assist targets of bullying and harassment return to the workforce after they have left their jobs due to serious bullying. Her book *‘Preventing and Managing Workplace Bullying and Harassment: A risk management approach’* has been released through Australian Academic Press, and has received rave reviews for its practical and applied approach to preventing and managing bullying, and promoting psychologically safe workplaces.