

Managing Mental Health in the Workplace

Presented by Richard LeQuesne, Principal Consultant - Jobfit

WHEN: Friday, 1 June 2018

TIME: 9.00 AM – 12:30 PM

WHERE: Mount Barker District Council
6 Dutton Road, Mount Barker

Includes morning tea and
networking lunch

Did you know:

- 1 in 5 Australians experience a mental health condition annually and almost 50% will experience a mental health condition at some point in their lifetime?
- Nearly 3 million Australians live with depression and/or anxiety, which affect their wellbeing, personal relationships, career and productivity?
- Only 35% of Australians with anxiety and depression access treatment?

Australian Bureau of Statistics. (2008) From beyondblue.org.au

Aims:

Explore strategies to:

- Manage workplace behaviours balanced with support
- Manage absences from work
- Manage performance

Discuss non-work related illnesses and how best to navigate:

- Return to work
- Fitness for work assessments
- Legal requirements relating to privacy and consent
- Obligations to redesign a role / redeploy to another position
- Avoiding a WorkCover Claim

Featuring guest speaker, Richard LeQuesne, Principal Consultant, Jobfit and facilitated conversations.

Program:

| | |
|----------|----------------------------------|
| 9:00 AM | Arrivals, tea and coffee |
| 9:20 AM | Welcome |
| 9:30 AM | Managing Mental Health |
| 10:30 AM | Morning Tea |
| 10:45 AM | Workshop Round Table Discussions |
| 11:45 AM | Hot Topics & Wrap Up |
| 12:00 PM | Networking Lunch |
| 12:30 PM | Event Close |

We hope you can join us!

Registrations can be made at our website and will close 25 May 2018.

For further information, please contact Tahlia Willey, Network & Administration Officer on 8291 7994.