

Session Outline



Hands UP FOR Inclusion WEEK

9-13 SEPTEMBER 2019

SESSION DATE & TIME:

Friday 13 September 2019
11.30am – 12.30pm

SESSION COST & AUDIENCE:

Free – Open to all NTPS employees

SESSION LOCATION:

WEBINAR – accessible from NTG ePass accounts

SESSION DETAILS:

The **Mental Health in the Workplace: Practical Skills for All** webinar presentation will provide practical tools to take away and implement into the workplace. Topics covered will include;

- Self-care in the workplace;
- Why workplace mental health is important;
- A better understanding of mental health and the prevalence of mental health conditions; and
- How to have a supportive conversation about mental health.

ORGANISATION:

Beyond Blue

Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. Beyond Blue works in partnership with health services, schools, workplaces, universities, media and the community, to raise awareness of anxiety and depression and reduce associated stigma.

SPEAKERS:

Geri Sumpter - Workplace Engagement Lead at Beyond Blue
Linda Sheahan - Workplace Engagement Manager at Beyond Blue

To register:

[Book Here](#)