

Trainwest are now delivering a range of new courses in partnership with Mental Health Journey Australia.



Psychosocial hazards

Most workplaces are aware of physical hazards in the workplace. Work Health and Safety is widespread and comes with obvious dangers when neglected.

But what about psychosocial hazards?

Psychosocial hazards in the workplace refer to psychological and social conditions in a workplace that can lead to poor mental health, depression, and even physical harm.

This workshop will teach your managers, supervisors, and future leaders about areas of work with potential to cause mental distress to workers. Your team will learn how to risk assess and control those identified psychosocial hazards.

- > 4 hours - \$1250
- > 1 day - \$2500
- > 2 day* - \$5000



*Endorsed by the Australian Institute of Health and Safety attracting 40 CPD for AIHS members

Stigma

Stigma is the main reason that mental health is not spoken about. This workshop looks at why stigma exists, the levels of stigma and what can be done to reduce stigma in the workplace.

- 4 hours - \$1250
- 1 day - \$2500

Workplace Behaviours

Based on the workplace behaviour and violence & aggression at work codes of practice this workshop outlines non-acceptable behaviours and how workplaces can address them.

- 4 hours - \$1250

Resilience in the workplace

What does workplace resilience look like and how can it be achieved in the workplace? This workshop will set you on the path to making yourself and workers more resilient.

- 4 hours - \$1250

Custom workshops

Want something a little different or bespoke?

Trainwest can provide fully customised training courses tailored specific to your needs.

Get in touch with us today on 1300 938 411 or email safety@trainwest.com.au to begin your mental health education journey.