



**trainwest**  
safety institute



# Psychosocial Hazards in the Workplace

## Create Mentally Healthy and Resilient Workplaces

Promote a safer, more supportive work environment by understanding and addressing psychosocial hazards.

This course empowers leaders and professionals to recognise the impact of workplace behaviours, stigma, and stress, and foster mental wellbeing through practical, evidence-based strategies.

Build a culture of care where every employee can thrive.



**MHJA**



## Course Overview

Delivered in partnership with **Mental Health Journey Australia**, the **Psychosocial Hazards in the Workplace** course is a two-day workshop designed to address the psychological and social factors that impact mental health and wellbeing in the workplace.

Endorsed by the Australian Institute of Health and Safety (AIHS) and offering 40 CPD hours for AIHS members, this course provides practical strategies to recognise, prevent and respond to psychosocial hazards.

Participants will explore key topics including workplace behaviours, violence and aggression, the impact of stigma on mental health, and how to foster resilience. This workshop is ideal for individuals seeking to build safer, healthier and more supportive work environments through evidence-based approaches and best practice frameworks.

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



## Recommended For

This course is ideal for managers, supervisors, safety practitioners, and professionals looking to gain an initial grounding in psychosocial risk.

### Career Pathways

Roles vary depending on the industry and sector, including positions such as:

- WHS Officer / Coordinator
- Mental Health Support Worker.

### Education Pathways

Students may undertake a *Certificate IV in Work Health and Safety* or pursue further specialisation in mental health first aid, safety, or risk management.



## Course Structure

Topics for the course are as follows:

### Psychosocial Hazards in the Workplace

- What is mental health and mental illness
- How to set up a process to assist in identifying psychosocial hazards within the workplace
- Risk assessment and implementation of control measures for the identified hazards
- How to assess, control and review the control measures implemented for psychosocial hazards in the workplace.

### Stigma

- Understanding stigma
- The role stigma plays in hindering people's ability to recover from psychological trauma successfully
- How to address stigma in the workplace
- Importance of return to work and return to work for someone after a mental trauma
- Ways to redesign a job for someone who has suffered mental trauma.

### Workplace Behaviours

- Workplace behaviour, violence, and aggression at work
- Codes of practice
- Strategies on how to address unacceptable workplace behaviours.

### Resilience in the Workplace

- Understanding workplace resilience
- Strategies on how to achieve workplace resilience.



## Delivery Modes

This course is delivered through face-to-face training over two days. It can be customised to suit organisational requirements and delivered onsite. It can also be tailored to suit other required durations: one hour, two hours, or four hours. Please speak with our Student Services Team for more information.



## Course Outcome

Upon completion of the course, students will receive a Certificate of Attendance.



## Course Fees

	\$1,250 (4 hours)
Psychosocial Hazards in the Workplace	\$2,500 (1 day)
	\$5,000 (2 days)*
Stigma	\$1,250 (4 hours)
	\$2,500 (1 day)
Workplace Behaviours	\$1,250 (4 hours)
Resilience in the Workplace	\$1,250 (4 hours)

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



## Next Step

### Ready to enrol?

Visit our website to view upcoming course dates and submit an enrolment application. Scan the QR code or [click here](#) to get started.

### Need more information?

Contact our Support Services Team if you have any questions.



#### Training Hours

8:30am to 4:00pm



#### Training Location

[Level 1, 23 Abbott Road, Perth Airport, WA 6105](#)

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**Enrol Now!**

## Contact Us



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