

information sessions for farm and local businesses

Keeping your business and community healthy

Mental illness is the leading cause of sickness absence in the developed world with three to four days off work per month for each person experiencing depression alone. Absenteeism, reduced productivity and staff turnover are all linked to poor mental health. The impact of losing even one worker through absence or reduced productivity can be substantial. It makes sense to invest in your employees' wellbeing by giving them tools to help them stay mentally healthy.

EVENT DETAILS

Date Friday 18 September

Time 9.00am - 12.00pm

Venue Merredin Community and Leisure Centre
Bates Rd Merredin 6415

Cost FREE (value \$495pp)
kindly sponsored by CBH
refreshments provided

Places are limited

Registration

www.blackdog.org.au/cbhworkshops

Further information

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Keeping your farm business healthy (and what to do if it's not) 3 hour workshop

This workshop will enable you to identify and respond to mental health issues in the workplace and will provide strategies that reduce the impact of mental illness. You will learn about:

- The prevalence of mental health issues
- Recognising common mental health issues
- The benefits of disclosure in the workplace
- Discussing mental health with employees
- Supporting employees at work and in return to work
- Building a healthy workplace through team leadership

Who would benefit from this workshop?

This information session is designed to suit the needs of farm businesses including farm managers and staff, local business owners, managers, supervisors, team leaders, staff, community leaders, and those who are interested in taking the first step towards promoting mental wellness in their workplace.

The CBH Black Dog Mental Wellness Program workshops to improve mental health understanding, enhance wellbeing and reduce the incidence and impact of mental health issues in grain growing regions of WA

