

information sessions for farm and local businesses

# Keeping your farm business and community healthy

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** Wednesday 22 June 2016

**Time** Workshop 4pm - 6pm  
Sundowner 6pm - 8pm

**Venue** Northampton Community Centre, Harvey Rd  
Northampton WA 6535

**RSVP** Friday 17 June 2016  
[www.blackdog.org.au/cbhworkshops](http://www.blackdog.org.au/cbhworkshops)

### Workshop information

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### Further information

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## Keeping your farm business healthy (and what to do if it's not) 2 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

