

beyondblue offers Australian businesses heavily-subsidised mental health workplace training

Employers are being offered heavily-subsidised *beyondblue* workplace training sessions to improve the mental health of the Australian workforce.

The offer, which expires on June 30, is open to all Australian small and medium businesses with up to 199 employees and all not-for-profit organisations.

The subsidy means that, for as little as \$300, organisations can have mental health professionals attend their workplace to train an unlimited number of staff about depression and anxiety, the impact of these conditions and how to support colleagues who may be struggling.

beyondblue's National Workplace Program offers organisations five different training sessions, ranging from courses designed specifically for managers and HR professionals, to one designed for executives that offers training on leadership strategies to address mental health in the workplace.

***beyondblue* CEO Georgie Harman** said educating employees about mental health conditions and how to respond to them made workplaces more mentally healthy and brought an enormous range of benefits.

"Research shows Australian businesses receive an average return of \$2.30 for every \$1 they invest in effective workplace mental health strategies," she said.

"This is because healthy employees take fewer sick days, file fewer compensation claims and are more productive at work than employees who are unwell.

"Therefore, investing in mental health is a win-win for both employees and employers, and workplace mental health training is one of the easiest things an employer can implement to improve mental health in the workplace.

"I would urge all eligible Australian organisations to take advantage of this offer and help create a healthier, more productive and more profitable Australian workforce."

Anyone wanting to book a training session should call 1300 134 644 or email mentalwellbeing@davcorp.com.au.

To learn more about depression and anxiety in the workplace, call *beyondblue* on 03 9810 6100 or visit www.indst.headsup.org.au

The subsidy is provided by the Commonwealth Department of Health and courses range in length from half an hour to four hours.