



**Mining & Quarrying**  
OCCUPATIONAL HEALTH &  
SAFETY COMMITTEE

# MAQOHSC fully funded Mental Health Training Program

**Whyalla - 29 May**

**9am-3pm with light refreshments provided**  
**Westland Hotel Motel**  
**100 McDouall Stuart Avenue**  
**Whyalla Norrie**

To apply, email [maqohsc@sa.gov.au](mailto:maqohsc@sa.gov.au)

The Workplace Resilience & Mental Health Training Program is fully funded for SA mines and quarries.

## **Benefits to your workplace**

- Reduces the stigma of mental illness
- Increases wellbeing and resilience
- Improves workplace culture
- Builds confidence in your leaders
- Improves team cohesion through greater mental health awareness, reducing worker claims for stress and sick leave
- Builds skills to respond to difficult situations
- Reduces the potential for workplace stress
- Teaches your workers how to recognise signs of depression and anxiety, and apply stress management techniques

## **Training Modules**

Led by accredited facilitators, the one-day program consists of three core modules:

- **Module 1 – Recognition of Mental Health Issues**
  - What is mental health?
  - Depression
  - Anxiety disorders
  - Cost of mental health issues in the workplace
  - Creating a mentally healthy workplace
  - What can you do to keep yourself mentally well?
  - What can you do to help others?
- **Module 2 – Communication Skills**
  - Verbal communication
  - Listening
  - How to be a good listener
  - Use of non-verbal communication
  - Assertiveness
- **Module 3 – Resilience and Stress Management**
  - Resilience
  - Stress
  - Automatic negative thoughts
  - Developing resilience
  - Mindfulness