

# Mental Health and Wellbeing

General Information

At some point in our lives, our mental health will be impacted by events or stressors. We will come into contact with people who are similarly impacted by stress and mental health issues.

By demystifying mental health concepts and encouraging people to talk openly about their emotional state, we can reduce stigma and begin to build mentally healthy workplaces and communities.

By doing so we promote connection, empathy, and inclusion and create firm foundations for our wellbeing.

Lifeline Workplace and Community Training's award-winning Mental Health and Wellbeing course explains current concepts and thinking around mental health and the factors that support wellness.

It highlights the importance of managing stress and building resilience, and how to put that into practice, equipping participants with the tools to work towards taking responsibility for their own wellbeing.

The course encourages people to:

- explore their emotional state develop strategies to build resilience, and
- proactively plan their individual self care.




**“I liked the holistic approach to wellbeing. Too often we get caught up with trying to find the one quick fix to everything, whereas instead we should be doing a little in every aspect of our lives.”**

The Lifeline Workplace and Community Training approach is evidence informed. Our programs are developed by trainers and subject-matter experts, with continuous improvement strategies in line with the needs of communities.

## COURSE DELIVERY

- self-enrolling and self-paced.
- approximately 90 minutes to complete.





Lifeline Australia delivers education and training programs focusing on building resilience, suicide awareness and prevention.

For more information:

📍 [lifeline.org.au](https://lifeline.org.au)

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