

# Resources and Energy Mental Health Training



**Gain insight into key mental health concepts as they relate to resources and energy industry workplaces and situations. Put learning into action through activities and case studies**

## DURATION

Half Day – 3 Hours  
(online)

## SUITABLE FOR

All resources and energy industry employees

## PRICING (inc gst)

### CALENDAR COURSES:

	AREEA member	Non-member
Half day	\$275	\$385

### NOTE:

Training dates are subject to enrolments and change.

[www.areea.com.au](http://www.areea.com.au)

## PROGRAM OVERVIEW

Resources & Energy industry employers across Australia have a shared commitment to physical and psychological safety. Mental health and wellbeing of our industry's people plays a very large part of this commitment.

This online, interactive, group-based training program provides awareness and practical application of workplace mental health specific to Australia's resources and energy industry. The course is facilitated by AREEA and includes an esteemed workplace mental health subject matter expert.

Ensure your people understand mental health theory and concepts as well as practical applications to increase awareness, remove bias and support their colleagues to contribute to a mentally healthy workplace.

## LEARNING OUTCOMES

On completion of this program participants will cover a wide range of content and activities, including:

- Contextualise personal and workplace mental health in the resources and energy industry
- Review and practice having a mental health-based conversation
- Reflect on support strategies that address Covid-19 workplace impacts
- Identify workplace behaviours, practices, and policies that can positively and negatively impact a workplace and team members
- Identify and implement self-care practices to support personal mental health

## WHY AREEA

AREEA developed and delivers this program under the direction of the Australian Resources and Energy Industry Mental Health Advisory Board. The program was designed by a variety of resources and energy employers and workplace mental health experts for our industry.

The delivery of this program draws on the two program facilitators expertise. The AREEA facilitator provides unrivalled knowledge and experience in industry workforce matters, coupled with the subject matter expert's extensive workplace mental health and training delivery.

The program and materials are highly practical and engaging in nature and uses case studies, activities and role plays to translate understanding into action.

## ONLINE TRAINING