



WORKPLACE

ALIVE & WELL

TRAINING

Toolbox Talk - Starting the discussion

Why do we need to talk about it all the time, just fix me. These simple words mean so much to those who don't have the skills to deal with life challenges.

Mental health and wellbeing can be part of your everyday schedule, you just need some tips on how to get started.

Toolbox talks will engage the staff in conversation about why change is a good thing and its up to them to start the change when dealing with their own mental challenges.

Talks include:

- Mental Health-
- Stress Management
- Sleep - the key to good sleep
- Wellbeing and your 6 pack tools
- Living with mental illnesses
- Drugs and Alcohol
- Trauma- what to do when people are impacted.

Each toolbox session is driven by the participants who want to understand the best ways to deal with these issues , how to help colleagues and why do these things happen. Lived experiences resonants with workers who are not being open and honest about what is going on in their world.

We can deliver these in small to large groups and supply supporting material for the crib rooms and notice boards, each session is 60 mins of content and conversations. These can be great for breaking the ice and getting employees to using EAP or other clinical services to deal with their challenges.

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.

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