

# MANAGING **MENTAL HEALTH** IN THE LEGAL PROFESSION

Mental Health in the legal profession is a growing concern for many firms. This program introduces Managers, HR and WHS personnel to the industry's best practice intervention strategies to assist firms to better **recognise, respond, refer** and **review** mental health issues at work.

## PROGRAM OVERVIEW

### Module 1: Introduction to Mental Health in the Workplace

In this module participants will gain an understanding of:

- Current state of mental health issues in the legal profession
- Prevalence and cost specific to the legal profession
- The mental health continuum and the role of supportive leadership
- Various types of Depressive Disorders (Major Depression, Post Natal Depression, Bi-Polar Disorder)
- Various types of anxiety disorders (Generalised Anxiety, Obsessive Compulsive Disorder & Panic Disorder)
- What does depression and anxiety look like in the legal profession?
- Masked and hidden signs of mental health issues in the legal profession

### Module 2: Managing High Risk Mental Health Concerns at Work

In this module participants will gain an understanding of:

- Suicide prevalence in Australia
- Who is at risk of suicide?
- Warning signs
- Best practice risk assessment (questions to ask)
- What to say and what not to say to people who are at risk of suicide
- Best practice action

### Module 3: Managing Mental Health at Work

In this module participants will gain an understanding of:

- Your role (what is/is not your role)
- Legal responsibilities
- Performance management and mental health issues
- Case studies and group discussion
- Five stage scripted coaching intervention model to hold a discussion with someone who may be struggling

### Module 4: Best Practice Intervention

In this module participants will gain an understanding of:

- A Mental Health Intervention Framework for best practice intervention and escalation points depending on high, medium or low mental health risk
- Best practice intervention for mental health issues
- Medication at work: red flags that may raise your concern
- Resources to assist

## SYDNEY

Wednesday 9<sup>th</sup> of March 2016  
9am-4.30pm

Level 5, 68 Pitt Street Sydney

[REGISTER NOW](#)

## MELBOURNE

Tuesday 15<sup>th</sup> of March 2016  
9am-4.30pm

Level 2/215 370 St Kilda Road  
Melbourne

[REGISTER NOW](#)

For all enquiries please  
contact Nichola Johnston

02 8243 1500

[njohnston@cfch.com.au](mailto:njohnston@cfch.com.au)

Centre for  
Corporate  
Health 