

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 9th of March 2016
9am-4.30pm

Level 5, 68 Pitt Street Sydney

[REGISTER NOW](#)

MELBOURNE

Tuesday 15th of March 2016
9am-4.30pm

Level 2/215 370 St Kilda Road
Melbourne

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Corporate
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