



Mental Health Initiatives

Wellness in Infrastructure Steering Committee Meeting



Mental Health Initiatives

- Move your mind podcast with Nick Bracks
- Mental health masterclass
 - \$200 course provided free to all staff and contractors for 12 months
- Workplace & Campaigns
 - Staff emails / workplace posts / EAP campaigns

MOVE YOUR MIND



In this course you will learn:

- Key learning's from industry leaders in mindfulness, meditation, memory, mental health, psychology, and performance
- How to manage anxiety and stress
- Why we need to speak up and take preventative action and form healthier habits
- The power of storytelling and how you can use it to shape your mindset for success
- Why we should have more conversations about mental health, and how to do it
- How we can ALL make small changes today that lead to huge leaps forward tomorrow
- Why exercise, and it's mental health benefits, are essential ingredients for a thriving mind
- How we can easily make changes to our routines by doing only a little practice each day
- How to put the PERMA model into practice to improve your happiness and performance
- Detailed nutritional information
- Goal-setting strategies that guide you to your personal best
- Habit formation techniques that will change your life, permanently



A message from Andrew English
Executive General Manager, Infrastructure

HOLLAND

Let us talk honestly about mental health

Hi everyone

I'm passionate about mental health, and I've seen too many people struggle through life

Mental Health Initiatives

- Wellbeing Webinars
- John Hollands HSESW SharePoint Portal
- Mental Health First Aid Training
- Black Dog Training (mandatory for all people leaders)
- Supplier Support
 - Direct email access & correspondence
 - Webinar
- Learning & Development Programs
 - Leading through change
 - Looking after yourself and others through times of uncertainty
 - Staying connected using virtual teaming
- Participation in National events (e.g R U Ok? Day)