

# Let's talk about mental health and work



**A three-hour training session which will challenge perceptions, raise aspirations and bust some commonly held myths.**

## About the training

Some of the greatest barriers for people with mental health and addiction issues in returning to work can be the perceptions that health professionals and other support people have. Talking to people about returning to work at the right time, in the right way, is key to the success of any employment support programme.

This three-hour training session will challenge perceptions, raise aspirations and bust some commonly held myths. It includes tips on how to have effective conversations about returning to work and will leave participants with a range of tools and increased confidence in talking about employment as part of wellbeing.

The session is suited for people working in health, social services, social development, and other support teams.

## Learning objectives

The learning objectives include:

- initiating employment conversations
- the risks and benefits of unemployment vs employment to health
- the social benefits of work
- the ability to discuss real-life stories
- the utilisation of decision-making tools that support employment.

## Further information

 [workcounts.co.nz](https://workcounts.co.nz)

 [info@workcounts.co.nz](mailto:info@workcounts.co.nz)

**“This workshop was so valuable. It reaffirmed the importance of employment support for people who experience mental health concerns. The activities really got me thinking outside the box.”**