

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 challenges 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.

Along with tips on how to have effective conversations about returning to work, this session will provide participants with a range of tools and increased confidence in talking about employment as part of wellbeing.

This training is suitable for:

- clinicians working within community mental health teams
- community support workers in other mental health support teams
- housing case managers in housing services
- AOD practitioners in community mental health and addiction 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
- using decision-making tools that support employment.

“The information using lived experience was very helpful. I have more confidence in asking the hard questions to clinical teams about making referrals.”



Further information

