



---

“

At the root of this dilemma is the way we view mental health in this country.

Whether an illness affects your heart, your leg or your brain, it's still an illness, and there should be no distinction ”

Michelle Obama

*Together let's create a shared framework and language for talking about mental health. One that's empowering and proactive rather than stigmatising and reactive.*

---

*The Umbrella mental health awareness training has been developed from best practice research in the wellbeing and mental health sciences.*

---

Mental ill health is extremely common in New Zealand. In any 12-month period, more than 20% of New Zealanders are likely to experience mental ill health; with 47% of New Zealanders likely to experience mental ill health at some point in their lives.

These figures include common experiences such as stress, depression and anxiety as well as more serious mental health concerns.

For employees, it means that at any point in time some form of mental health issue may affect them, with research highlighting this could have direct negative consequences on their personal wellbeing and productivity.

We recommend that this training is provided to all employees. The best outcomes are achieved when work teams attend together.

#### **WORKSHOP OBJECTIVES:**

- Increase participant's knowledge about stress, mental health and illness,
- Help participants feel more confident talking about mental health, including when speaking with colleagues they may be concerned about,
- Further develop their understanding about how to promote and protect mental health at work,
- Ensure participants understand how they can enhance their own emotional, psychological, and social well-being.

#### **ABOUT THE TRAINING:**

The workshops are facilitated by Umbrella's clinical psychologists.

They create a safe and supportive environment for talking about mental health and fostering positive strategies to promote mental health at work.

#### **KEY LEARNING OUTCOMES:**

1. Connect with colleagues and feel confident you have new knowledge and robust skills to take away
2. Practice how to have conversations about mental health and illness
3. Identify when stress turns into signs of something more serious, and what to do about it.
4. Learn effective, practical strategies to strengthen your wellbeing at work.

#### **FOR MORE INFORMATION OR REFEREE DETAILS, CONTACT:**

**HEAD OFFICE**  
REBECCA DIXON  
Business Manager

T 0800 643 000  
E [office@umbrella.org.nz](mailto:office@umbrella.org.nz)

Visit [umbrella.org.nz](http://umbrella.org.nz)