



A training offer that's sure to help.

Free courses to help keep heads healthy.

Resourcing your workplace in mental health and wellbeing training can be challenging. Help is now at hand. We're offering several mental health training courses at no cost to you.

These industry-specific courses will be delivered by expert organisations including Lifeline Australia, Black Dog Institute, Mental Health First Aid Australia, and AP Psychology & Consulting Services.

Training course options range in length from one hour to a two day course and are available both online and face-to-face. There's sure to be a course or two that will suit your people.

Training Course	Organisation	Duration
Mind Your Mates	Lifeline Australia	90 minutes
Accidental Counsellor	Lifeline Australia	4.5 hours
Mental Health First Aid	Mental Health First Aid Australia / Steering Healthy Minds	2 days
Psychological Health and Safety Action Plan Workshop	AP Psychology & Consulting Services	2 x 3 hours
Managing for Team Wellbeing	Black Dog Institute	3 hours
Mental Health and Wellbeing in the Road Transport, Warehousing and Logistics Sector	Lifeline Australia	110 minutes
Your Mental Health at Work	Black Dog Institute	2 hours

Places are limited.

[Register your interest today.](#)

Healthy Heads in Trucks & Sheds

