



A training offer that's sure to help.

More free courses to help keep heads healthy.

Resourcing your workplace with 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, Steering Healthy Minds and AP Psychology & Consulting Services.

Training is delivered online and course options range in length, so there's sure to be a course to suit. See the list below of our upcoming free courses.

Training Course	Dates	Time	Location
<u>AP Psychology & Consulting Services - Psychological Health and Safety Action Plan Workshop</u>	11/03/2025 + 25/03/2025	9:30am - 12:30pm AEDT	ONLINE
<u>Lifeline Australia – Accidental Counsellor</u>	12/3/2025	9:30am - 1pm AEDT	ONLINE
	20/5/2025	9:30am - 1pm AEST	ONLINE
	3/6/2025	9:30am - 1pm AEST	ONLINE
	19/6/2025	9:30am - 1pm AEST	ONLINE
<u>Black Dog Institute – Your Mental Health at Work</u>	22/5/2025	11am - 1pm AEST	ONLINE
<u>Lifeline Australia – Mind Your Mates</u>	18/3/2025	9:30am - 11am AEDT	ONLINE
	27/5/2025	9:30am - 11am AEST	ONLINE
	4/6/2025	9am - 10:30am AEST	ONLINE
	4/6/2025	12pm - 1:30pm AEST	ONLINE
<u>Black Dog Institute – Managing for Team Wellbeing</u>	25/3/2025	9am - 12pm AEDT	ONLINE
	28/5/2025	11am - 2pm AEST	ONLINE
	12/6/2025	9am - 12pm AEST	ONLINE
<u>Lifeline Australia - Mental Health and Wellbeing in the Road Transport, Warehousing & Logistics Sector</u>	March - June 2025	Self Enrol - Self Paced	ONLINE

Places are limited.

Register your interest today.

