

Workplace Case Study.

One of our workplace workshops is designed to provoke the topic of suicide prevention and depression awareness.

Synopsis - Peters lives alone, he has no pets, there are miscommunications with his business department. He is not staying in contact with his team and is struggling with business continuity plans.

The issue - a workplace reached out share they work in a male-heavy industry and they have experienced some suicides in their sector.

What happened next? - employees and managers were invited to attend a Mind Blank workshop.

Outcome Roleplay tool used for skill-building - during the Mind Blank workshop a worker disclosed the loss of a team member. Participants were debriefed by the Mind Blank facilitator and then they were invited to roleplay how to have a tough conversation in a time of need. Many attendees of this workshop came from already doing a Mental Health First Aid course and felt comforted by being invited to put some early intervention tactics into practice in a fun safe environment.

