



Does your workplace or service struggle to talk openly about mental health?

Are you looking for a unique way to kick start the discussion?

**Mind Blank** could be the experience you've been looking for.

# How Mind Blank Works



We visit your workplace or service and perform our specially-designed workshops tailored to your needs.

## Our programs support:

- Effective implementation of wellbeing strategies in the workplace.
- Shining a light on how to identify and act on signs of mental health issues.
- Expert advice to reinforce intervention and identify policy gaps in fast and ever-changing environments.
- Moving the conversation from reaction to prevention of mental health issues.

# Why Mind Blank?

Our programs showcase stories of lived experience with mental ill-health. We hire professional actors to play out some scenarios and we ask participants to engage in conversations to consider how they would respond differently to each scenario.

Your staff will walk away from the Mind Blank experience with specific knowledge of workplace psychosocial hazards, tactics for avoiding harm, and increased knowledge of the value of self-care application.

Our goal is to empower people to be proactive about suicide prevention.

## Is it appropriate for your workplace?

We are very aware that we are all from different walks of life, knowledge, and experience. However, mental health issues do not discriminate and can affect us all. Our stories are tailored from real life experience that are designed to ensure they are topical and can be applied to a variety of workplaces.

2020 was a big year of whirl-winded change for us all. As we aspire to move forward it is important to reaffirm a message to prioritise wellness strategies with our teams. This workshop can provide a fantastic reminder to individuals to look within and apply self-care as part of a proactive early intervention tactic.



# What others are saying about us

## Client Testimonial



"We found it an absolutely amazing experience. We had the best feedback, it's a really warm safe environment, and it was really engaging. It really was safe place for people to voice their opinions and it helps to contribute to a speak-up culture. We really loved the scenarios with the role play where people were able to intervene and suggest certain behaviours and habits for people to pick up better manage the situation and we just feel this is perfect to manage our mental health strategy for our employees as I think everyone got a lot out of it".

## Participants



"Thank you, these were the most realistic role plays I've seen and really helped me think about the way I may approach the situation. Group discussion was helpful and you spoke from the heart about these issues. I appreciate this training being provided to our staff."

"The employee's enjoyed the performances. The workshop itself was thorough in its discussions and it was good to hear the different perspectives from the team members."

"The facilitators were great and I liked meeting others and listening to their perspectives. Plus taking myself out of my comfort zone and learning how to be and act in the moment."

# Workshop information

## Requirements



- Duration of our workshops is 1-3hrs.
- Maximum audience size face to face event is 180. Online events are capped to one class room or approx. 30 attendees.
- If an audience is over 100 then 3 x mics would need to be supplied.
- If more than one workshop on the day then we will need at least 30 min duration between workshops.

## Rates



Make an inquiry to find out how we can help support your team best. To host a workshop in your workplace our pricing rates start at \$1,500.00 (+gst). Additional travel costs may apply.

## Inquiry Information

Are you looking for ways to empower your employees? Are you wanting to investing in creating loyal and innovative staff who are highly engaged in the workplace?

Join our team and be part of more 40,000 people who have already experienced Mind Blank.

If you have any questions, get in touch with our friendly team on 0468912399 or drop us an email on [info@mindblank.org.au](mailto:info@mindblank.org.au)  
For more information about our programs visit [www.mindblank.org.au](http://www.mindblank.org.au)

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