

Mind Blank Workplace Mental Health Program Overview





61% of Australians reported experiencing poor mental health because their employer failed to manage psychosocial risk in the workplace.

Mentally unhealthy workplaces cost Australia up to **\$39 billion each year.**

Workers' compensation claims for mental health conditions **increased 51% and account for 68% of all disease-related claims.**

Over 44% of the population experiences a mental disorder at some point in their lives. Each year, mental illness becomes more widespread, as evidenced by the 6.5% growth in diagnoses over the past two decades. This is especially concerning for organisations; mental illness costs Australian employers \$39 billion annually.

Stigma around mental health remains widespread and often prevents people from seeking help. We all struggle with mental health at times, and if employees fail to learn the right skills, this results in absenteeism, presenteeism (when employees are at work but not productive) and increased healthcare costs.

Why us?

People often don't know how to articulate how they feel, where to turn for help or what to do when a mental health concern arises. To compound this problem, most mental health programs focus on crisis response. But Mind Blank uses a different approach: **prevention** and **early intervention**.

Mind Blank combines theatre and facilitated discussion to engage young people in difficult conversations around mental health topics. Our team creates a safe environment, engaging participants to share lived experiences and empowering them to take action. By addressing mental health challenges when they first present, participants can get the necessary help early and avoid reaching a crisis state.

Philanthropy for Long-term Preventative Solutions

Each year Mind Blank is approached by dozens of schools and at-risk communities interested in experiencing one of our programs. The generosity of donations from a variety of sources allows us to continue teaching important skills, destigmatising mental health and promoting help-seeking. If you would like to support our mission, please join us.

If you have a specific school, organisation or community you would like to support we will gladly handle all the arrangements.

Alternatively, your corporate gift will be used to deliver programs at schools or in communities that are financially unable to pay the cost and/or in most need.

Contact us to learn more: Email giving@mindblank.org.au or visit mindblank.org.au/donate



A close-up, over-the-shoulder shot of a woman with dark hair and black-rimmed glasses, smiling and looking towards the right. She is wearing a light-colored blazer over a blue shirt. The background is blurred, showing other people in a professional setting.

Presentation & Facilitated Discussion

Program objective: Participants learn the foundations of mental health literacy, including how to identify behaviours indicating a mental health concern, support self and others, and access information and resources.

Methodology: We understand every workplace – and even smaller teams – are unique. Successful mental health programs require good planning, clear communication and teamwork.

Our Program Manager meets with a representative from your organisation to determine your specific needs. Based on that conversation, we prepare scripts, train the actors and deliver the performance.

What you can expect from us:

- Understand your objectives,
- Support established workplace mental health standards,
- Strong communication,
- High quality experience for employees and leaders, and
- Evidence of knowledge attainment by participants.

Topics:

These are the top four topics workplaces most often ask us about. ONE topic is covered in a 60-minute session.

- Client/Workplace Aggression and Conflict Resolution
 - Burnout
 - Wellbeing and Resilience
 - Depression and Anxiety
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Delivery Options (F2F, Hybrid or Virtual):

Each of the following offers can cover ONE topic per session.

To establish long-term, sustainable mental health practices in your organisation, we recommend starting with **MH101** and/or the **Leader and Manager** session.

- **Mental Health 101 (MH101):** Mind Blank Founder and CEO, Ally Kelly, is available for keynote speeches (15-30 minutes) or intimate, small group conversations (30-60 minutes, up to 20 people). In MH101, Ally provides a glimpse into her lived experience, demonstrates methods for self-care and wellbeing, and instructs participants where and how to access mental health resources.
- **Leader and Manager Seminar + Action Plan (90 minutes, up to 30 people):** Leaders and Managers learn how to identify early warning signs of a mental health problem, manage difficult team dynamics, provide wellbeing support regularly and sensitively refer employees for help.
- **Lunch and Learn** (60 minutes, up to 150 people):** This interactive session involves professional actors performing a scene about a common workplace scenario, followed by a facilitated discussion.
- **Mental Health Deep Dive Session** (90 minutes to 2 hours, up to 150 people):** A team of professional actors present a series of scenarios based on real-life mental health issues. Audience members are invited to provide input and feedback, including “directing” the actors to achieve different conclusions.
- **Action Plan Development** (90 minutes, up to 150 people):** After a **Lunch and Learn** or **Deep Dive Session**, employees and managers are separated, and a 60 minute mental health action planning process is facilitated for each group. In the last 30 minutes, employees and managers are brought back together to discuss their ideas and determine how to better work together to achieve mental health objectives in the workplace. This is especially useful for teams with existing culture issues.

What a typical program looks like: Introduction, scene setting, debrief and discussion, self-care and resource explanation, wrap-up

Work Health & Safety: Mind Blank programs are accredited by Suicide Prevention Australia and support the Work Health and Safety Managing Psychosocial Hazards at Work Code of Practice.

What we need from you: Suitable venue + mics (for groups over 80), survey distribution and collection.

Takeaways: Crisis cards, self-care checklist, wellbeing manual

There are no quick fixes for mental health. Studies have shown ongoing training is necessary to generate long-term outcomes. Mind Blank’s approach to mental health education is comprehensive, collaborative and emphasises lasting and sustainable results.

About Us

Mind Blank was formed in 2011 to provide prevention and early intervention mental health training in schools, communities and workplaces.

Having been raised in a family with several generations of mental health struggles and alarmed by the ever-increasing mental health crisis, Ally Kelly founded Mind Blank to “help as many people as possible”.

Mind Blank programs use storytelling and entertainment to teach people how to maintain their mental health and recognise warning signs of trouble. Professional actors and facilitators use humour to create a safe space, enabling audiences to comfortably have tough conversations.

Mind Blank is the only program in Australia using this unique approach to mental health education. Our programs are accredited by Suicide Prevention Australia and Quality Innovation Performance.

Our Impact

638 workshops
hosted since
2011

55,878
participants reached
since 2011

5,800
hours of support
provided annually



In 2023, we supported **17** communities,
60% were Aboriginal
Torres Strait Islander
communities.

In 2023, we employed **33**
professional actors and
program facilitators.

Testimonials



Professor Brin Grenyer OAM

HD Scientific Director,
Neuroscience and Mental
Health Research Illawara
Health and Medical Research
Institute, School of
Psychology, University of
Wollongong

“I was really impressed with how such difficult topics were conveyed in a sensible, enjoyable, understandable and accessible way... This event allowed those in attendance to connect with serious and often stigmatised topics in a non-threatening way.”



Mel Nicastro

South East Water, Program
Participant

“The Mind Blank session was really informative. It was great to see how these things actually play out in the workplace. The scenarios reinforced what we can do as employees to make the workplace a safer and healthier environment.”



Rhonda Bacchi

Owner, OnFit Training

“Before I attended [the Mind Blank session], I really didn't know what to expect. I found it mind-blowing. The session had so many "ah-ha" moments for me. It was far better than I even imagined. It explored so many options of how to deal with behaviours. A group of us discussed it and we all had different input to give. It was a learning experience to explore what might work and what wouldn't. Bringing up the ideation of suicide - that's something I find very confronting - it's not easy to talk about. But you come away with some strategies about how to deal with that. It was just amazing! Thank you Mind Blank.”



Creatively committed to mental health education with mindfulness and integrity.



Help & resources available @
mindblank.org.au

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