

## The Australian Snapshot:

- 1 in 5 Australians aged 16–85 experience a mental illness in any given year.
- Almost half (45%) of Australians will experience a mental illness at some point in their lives.
- The most common conditions are depression, anxiety, and substance use disorders.
- 54% of people with mental illness do not access treatment.
- Mental health conditions often co-exist with physical illness, making diagnosis and treatment more complex.

## The Workplace Impact:

Mental health is not only personal—it's organisational. In Australia, around \$543 million is paid annually in workers' compensation for work-related mental health conditions. Beyond direct costs, businesses face productivity losses, unplanned absences, and staff turnover.

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## Support workers through Awareness Training

### Mental Health Awareness Training

90-minute sessions led by a Psychologist

Engaging, evidence-based sessions, designed for the Transport Industry, will help your teams build psychological resilience and support a culture of care.

#### Employees will learn about:

- Psychosocial hazards and risks in the workplace
  - Improving self awareness
  - Where to find support
- Strategies to support wellbeing
- WH&S and OH&S responsibilities relating to psychosocial hazards

Online or face to face sessions available  
For more information contact Kathryn Harvey on the below details