

Job Access

Driving disability employment



Australian Government

Mental Health Awareness Training

Designed and delivered by the
National Disability Recruitment
Coordinator (NDRC)

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One in six working-age Australians currently experience mental health conditions, most commonly depression and anxiety. In fact, the World Health Organisation states that depression is the leading cause of disability worldwide.

If you work in a place with more than ten people, there's a good chance that at least one or two people in your team live with a mental health condition.

Not knowing how to support employees with mental health conditions can be costly. Australian businesses lose up to \$11 billion each year due to staff turnover, re-hiring and re-training costs, and compensation claims.

What does the training cover?

The training has been developed by the National Disability Recruitment Coordinator (NDRC) to build on the mental well-being component of the general Disability Awareness Training module.

The content provides a general overview of mental health, dispels myths, and includes interesting facts and tips to support good practice in your workplace.

You will also receive advice on how to make small but important changes in the workplace that may support developing confidence and competence when it comes to mental health and employment.

The session will be interactive with practical information and activities.

Learning outcomes

The session aims to demonstrate that mental health conditions are a part of human diversity. Our goal is for employers to further their understanding of how to support employees with mental health conditions in the workplace.

The intent is to move from being a little wary or unsure to feeling more confident and aware of the resources available to support them and their teams.

Key points included

- Mental health overview
- What is a mentally healthy workplace?
- Tips and strategies for employers
- Managing access requirements
- Case studies
- Inclusive language



Training duration: 1 hour

Available to: JobAccess NDRC employer partners and alumni who have completed the Disability Awareness Training.

Designed for: Human Resources, Operations Managers, Learning and Development, Diversity and Inclusion and frontline management.

Delivery mode: In-person or virtual

Cost: Free

Access requirements: Please let us know if you have any access or communication requirements.

These could include Auslan interpreters, providing electronic copies of presentations, accessible parking or other services or adjustments.