



SUPPORTING POSITIVE WORKPLACES

PROGRAMS & WORKSHOPS TO HELP
SUPPORT MENTAL HEALTH AND WELLBEING



centacare
MAKING A DIFFERENCE FNQ

FIND BALANCE FOR WORKPLACE WELLBEING

Workplace Health and Safety regulations now specify psychosocial risk. Employers need to consider the mental health and wellbeing of their staff, to reduce exposure to workplace psychosocial risk.

Learn strategies & be informed how to manage psychosocial risk. As a trusted, local, specialist provider of Mental Health and Employee Assistance Programs, we aim to empower employers to proactively support Mental Health and Wellbeing to create happier, healthier, more productive work environments.



EMPLOYEE ASSISTANCE PROGRAMS

Our Employee Assistance Program (EAP) offers confidential counselling to support psychologically safe workplaces and improve wellbeing in partnership with employers.

EAP provides proactive interventions that enable early recognition of and opportunities to resolve work and personal problems that can affect performance and wellbeing.

EAP can assist with matters such as:

Work/life balance

Relationships

Work crisis/trauma

Bereavement, grief and loss

Critical incident debriefing

Anxiety, stress and depression

Bullying and harassment

Redundancy/career transition

EAP can also help you to clarify a problem, identify options, develop plans to approach difficult issues constructively and assist with your work and life journey



WELLBEING TRAINING

Our Wellbeing Training improves productivity, performance and workplace wellbeing. Our programs support early intervention for positive outcomes, and a psychologically safe workplace.

Wheel of Wellbeing is an interactive workshop that promotes positive psychology

Mental Health First Aid is a key strategy to lessen the impact of mental health issues

Wellbeing Planning involves developing and implementing a wellbeing action plan to identify and foster what keeps us well at work

A proactive approach to positive Mental health improves mood, strengthens relationships and keeps people healthy which means a better working environment.

Using a collaborative approach means we can tailor our Wellbeing Training to suit individual workplaces. We spend a lot of time with our work colleagues which makes the workplace an ideal place for building positive outcomes through a pro-active approach to mental health.



GROUP WELLBEING ACTIVITIES

Our Group Wellbeing Activities focus on providing opportunities to refresh, create positive interactions in the workplace, and develop strategies to promote wellbeing while connecting as a team.

Creating a workplace that supports employee wellbeing creates a psychologically safe workplace and is linked to positive benefits including:

Increased productivity and motivation

Builds morale and workplace culture

Decreased work related stress and absences

Increased staff retention

Activities are designed to focus on wellbeing by creating fun, engaging and positive experiences that have both mental and physical benefits. Having a strong feeling of wellbeing, creates a sense of belonging which strengthens workplace relationships, communications and encourages team work skills.



CULTURAL AND SPIRITUAL WELLBEING

With deep Multicultural and Multifaith connections, Centacare FNQ is uniquely placed to offer cultural and spiritual wellbeing experiences, influenced by the rich diversity of our community.

These different experiences offer a unique opportunity to bring your team together connected through ritual and ceremony, to build unity and cohesion whilst promoting the importance of diversity and cultural awareness.

Individually tailored and developed collaboratively with both our mental health and bi-cultural staff these activities offer an alternative group wellbeing experience for your team.

Ritual and ceremony support us to connect to ourselves and each other, facilitating mindfulness and thoughtful communication psychologically safe workplace.

