

eTOOLKIT

eTOOLKIT OVERVIEW

PURPOSE OF THE eTOOLKIT

The purpose of this Mental Health Awareness eToolkit is to provide you with a set of practical online resources to:

- 1 Reinforce and extend the content covered in the Mental Health Awareness - Teams eLearning course.
- 2 Easily access on an as needed basis to assist you with:
 - Building your understanding of mental health conditions
 - Understanding your responsibilities with respect to mental health conditions
 - Having effective mental health conversations

Remember, you can access the information in this eToolkit anytime you need it!

Simply keep this link in your favourites and download the resources when you require them.

eTOOLKIT OVERVIEW

This eToolkit contains **FOUR** folders, organised and structured in a way for you to easily navigate and print, or download or share what you need, when you need it.



FOLDER 1 - Fact Sheets

A series of 5 x Fact Sheets for you to refresh and build on the content covered in the eLearning course and for sharing with colleagues, family or friends if it's ever needed:

- 1 Understanding Mental Health.
- 2 Recognising a Mental Health Condition.
- 3 Understanding Anxiety.
- 4 Understanding Depression.
- 5 Understanding Substance Abuse.



FOLDER 2 - Tip Sheets

A series of 5 x Tip Sheets which provide you with information and practical tips to assist you with understanding your responsibilities regarding mental health conditions and having mental health condition conversations:

- 1 Roles and Responsibilities
- 2 Mental Health Conversations
- 3 Talking About Yourself
- 4 Supporting Someone Else
- 5 Mental Health Conversation “What Ifs”



FOLDER 3 - Multimedia Resources

- 1 **Animations** - A series of downloadable versions of the animation files viewed in the eLearning module to review and refresh the eLearning course content. This includes:
 - a. Mental Health Facts and Figures animation.
 - b. Understanding Anxiety animation.
 - c. Understanding Depression animation.
 - d. Understanding Substance Abuse animation.



FOLDER 4 - Additional Resources

- 1 **Mental Health Awareness Support Resources** - Provides links to additional information and resources you may find helpful for yourself or supporting someone with a mental health condition.

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation’s Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.