



DURATION:
1 HOUR

ATTENDEES:
25

MIND HEALTH TOOLBOX WORKSHOP

What's covered?

In this high impact 1 hour workshop attendees will learn how to unpack the Mind Health Toolbox, equipping attendees with essential tools to confront, manage and maintain better mind health.

Just like a toolbox in a shed, every tool has a purpose. Anthony shares his incredible story and takes attendees on a journey, tool-by-tool, through this invaluable resource. Each practical, easy-to-use tool is meticulously designed to help halt the early signs of stress, anxiety, or depression.

In this extended session - longer than the Mind Health Toolbox Talk - we draw a parallel between physical and mental health: if you broke your leg, you'd seek help, be honest with your doctor and receive care.

What do you learn?

Every attendee leaves with the knowledge of how to utilise the free, easy-to-access Mind Health Toolbox - a resource to share with family, friends, and colleagues.

- **Identify:** get triggers out of your head + onto paper
- **Connect:** visit GP + confide in a mate
- **Plan:** 4 steps to improve your mind health
- **Track:** progress + check-in

