



EMPLOYEE WELLNESS

Workplace Mental Health Symposium

SPONSORED BY

RIO TINTO

THURSDAY 10 MARCH 2016

FRASER'S AT KINGS PARK | PERTH, WESTERN AUSTRALIA

MENTAL HEALTH | RESILIENCE | RISK MANAGEMENT | WELLBEING | LEADERSHIP

With 1 in 5 Australian workers experiencing mental health problems last year and the annual cost of mental illness reaching \$10.9 billion, mental health is becoming a defining issue for businesses.

Join business and mental health thought leaders from around Australia, for this inaugural business mental health symposium.

Featured sessions include

- **Using Data to Challenge Stereotypes and Focus Wellbeing Efforts**
Jamie Robinson, General Manager Ports Cape Lambert, Rio Tinto
- **Engaging Workplaces in Mental Health**
Michael O'Hanlon, beyondblue (Victoria)
- **Workplace Mental Health: Everyone's Responsibility**
The Experience Lab with Vital Conversations live performance

- **Workplace Psychological Health Risk Hypothetical**
With a panel of business leaders led by Perth barrister Maria Saraceni
- **Networking Sundowner** to follow with live entertainment

As well as your choice of workshops and breakout sessions covering

- Positive psychology
- Mental health leadership
- Emotional intelligence and self regulation
- Practical tools for the workplace
- Managing trauma
- The role of training
- Wellbeing interventions
- Risk assessment and the law

E: conference@waamh.org.au Register: waamh.org.au/conference
\$145 standard / \$95 NFP includes lunch and networking sundowner



Western Australian Mental Health Conference in 2016



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WAAMH

Western Australian Association
for Mental Health



Western Australian
Mental Health
Conference 2016

RioTinto



Government of Western Australia
Mental Health Commission