

LIVIN WELL IN WORK





Get rid of stigma and increase help-seeking in your workplace with our 45-minute mental health program.

Presented to over 250 workplaces – all industries, all shapes and sizes. Delivered by carefully selected and relatable facilitators with a blend of mental health training and lived experience.

WHAT YOU'LL LEARN

- ➔ Identify warning signs.
- ➔ Strategies to look after the people in your life who may need support.
- ➔ Strategies to look after yourself.
- ➔ Info on when, where and how to access support.

WHAT'S INCLUDED

-  Storytelling to drive stigma reduction.
-  Engaging activities for the audience.
-  Access to exclusive merchandise deals.
-  Mental health toolkit to continue the conversation long after the visit.

WHAT THEY SAY

“The LIVINWell Program kick-started important conversations in our workplace that had been overlooked for far too long and prompted a review of our workplace mental health strategy”

– Head of People and Culture

INTERESTED IN MORE?

Interested in a more comprehensive program for leaders and mental health enthusiasts in your workplace? Inquire about **LIVINWell Plus**, a 4-hour (half-day) package building on our 45-minute program, delivered by a qualified psychologist.

BOOK A LIVINWELL NOW



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