

SPEAK UP! Stay ChatTY Workplace & Community Presentation

Are you looking for ways to strengthen your team culture and connection?

We invest a lot of our time in our workplaces and community groups. It's a place we all want to feel a sense of inclusion, connection and kindness.

Building a culture that encourages talking about mental wellness can enhance professional satisfaction, performance and creativity.

Our sessions take an evidence-informed approach with a focus on increasing awareness about mental health, suicide and reducing stigma. The content is conversational, with a strong focus on being relatable and using real life examples to strongly connect with your team.

This is your opportunity to prioritise mental wellness within your team!

9 in 10
employees believe
mentally healthy
workplaces are
important.

5 in 10
employees believe
their own workplace
is mentally healthy
(beyondblue)

What can I expect?

The session, run over 1 hour, is sensitively facilitated and includes:

1. What Stay ChatTY is and what we do
2. What does mental health mean in our community
3. Signs and symptoms of mental health issues
4. Warning signs and protective factors in relation to suicide
5. A video from Mitch about his story in losing his brother Ty to suicide
6. Where to seek help
7. Building resilience

8. Recharging our personal batteries
9. 5 steps to a supportive conversation

Stay ChatTY acknowledges talking about mental health and suicide can be challenging. The session is delivered with compassion and warmth in line with existing best practice guidelines for safe language.

The content is not graphic, however the topics can bring up emotions for some. Attendees are encouraged to think carefully about their readiness to attend the session. Information about available support will be provided within the session.