



The logo for Safe Work College consists of the words 'Safe Work College' in white and yellow text on a dark grey background with a yellow diagonal stripe.

**NEW ONLINE INTERACTIVE  
COURSE FOR HEALTH & SAFETY REPS:**

# **MENTAL HEALTH IS A WORK HEALTH & SAFETY ISSUE**

**COVERING**

- Psychosocial hazards at work
- Mental health
- HSRs role in managing psychological risks
- Dealing with stress and anxiety, customer aggression, unreasonable workloads, and isolated or remote work risks

**TIME: 3 hours**

**COURSE COST: \$55 (inc GST) pp.**

**RESOURCES NEEDED: COMPUTER, LAPTOP OR IPAD WITH DOWNLOADED ZOOM SOFTWARE <https://zoom.us/support/download>.**

Go to [www.hsrsupport.org.au/courses](http://www.hsrsupport.org.au/courses) and download a course application form now.

Email us at [info@hsrsupport.org.au](mailto:info@hsrsupport.org.au) or phone Damien McGarry for further information on 0429 985268.