



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

COURSE DATES: 14 OCT & 11 NOV (9am - 1pm)

TIME: 4 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 and download a course application form now.

Email us at info@hsrsupport.org.au or phone Damien McGarry for further information on 0429 985268.