



**MENTAL
HEALTH
TRAINING
THAT DOES
SO MUCH MORE
THAN JUST
TICK A BOX.**

**DELIVERED BY SOMEONE WHO'S
LIVED THROUGH THE LOWS, AND
CLIMBED BACK UP.**

MENTAL HEALTH IS A WORKPLACE MATTER



\$13B

direct financial cost of mental illness to Australian businesses each year¹

\$60B

is the cost to the Australian economy each year²

20%

of Australians aged 16-85 experience a common mental illness each year³

45%

of Australians aged 16-85 experience a common mental illness at some stage in life³

91%

of workers say it's important to work in a mentally healthy workplace⁵

48%

of people feel their workplace is **NOT** mentally healthy⁵

21%

of employees said they'd taken time off in the previous year due to stress, anxiety, depression, or feeling mentally unwell⁵

4 X

less likely to take time off work for mental health conditions, if their workplace is felt to be mentally healthy⁵

2.3

return on investment for each dollar spent on workplace mental health training and initiatives⁴

1. KPMG and Mental Health Australia (2018). Investing to save: the economic benefits for Australia of investment in mental health reform
2. Royal Australian & New Zealand College of Psychiatrists (2016). The economic cost of serious mental illness and comorbidities in Australia & New Zealand.
3. ABS (2009). National survey of mental health and wellbeing
4. PwC (2014). Creating a Mentally Healthy Workplace. Return on Investment Analysis
5. TNS & BeyondBlue (2014). State of Workplace Mental Health in Australia.

JOEL CLAPHAM

FOUNDER & EXECUTIVE DIRECTOR



Joel Clapham is a mental health training specialist and consultant, and a Principal Master Instructor in Mental Health First Aid, who is also undertaking postgraduate study in psychology to become a clinical psychologist.

A former award-winning corporate executive in financial services and marketing, Joel burned out and broke down from major mental health problems in 2016.

Desperate to avoid the same fate as his father, who died by suicide when Joel was 16, he actively chose to be open, seek and accept help and treatment, and ensure he firstly survived, and then thrived once more.

Joel is also an award-winning writer and performer with national tours of two solo shows under his belt, both of which looked at mental health, identity and masculinity.

Joel is a vocal advocate of recognising we are all human beings first, and employees/managers second.

In establishing Hearten Up, Joel brought together his personal story, experiences, humour, compassion, and training, to help bring more heart to an often-hard world.



Joel Clapham is a wonderful advocate for mental health. He is open about his own struggles and isn't afraid to discuss difficult topics.

Generous with his knowledge and time, his insights and practical advice have been invaluable for our audiences. He's articulate and a terrific performer, both on camera and as a speaker. He's also approachable and professional.

It's been an absolute pleasure to work with him!

Lisa Annese
Chief Executive Officer, Diversity Council Australia

WORKPLACE TRAINING: PRESENTATIONS, TALKS, Q & A



Talking openly about mental ill-health and the depths it can take one to is something we love doing. Through such candid and human-centred discussions, we can normalise mental health challenges and remove the shame and fear many feel about it.

As a former senior executive-turned-professional storyteller and comedian with national tours of two solo shows to his name, our founder Joel Clapham has been presenting and speaking with audiences of all sizes and backgrounds for many years.

If you're looking for someone with lived experience of mental ill-health, the highs of success and the lows of despair, and a raw humanity and warmth that puts people at ease, Joel is the perfect person to engage.



Joel was recommended to me as a relatable speaker on mental health who says it like it is, but with some humour. Thus, we recently engaged Joel at Frontier to talk to our team about R U OK Day and share his personal story.

Joel was genuine, heartfelt, vulnerable, encouraging and self-deprecatingly humorous all at the same time. Our team connected with his story and testament to this was how many questions came from the crowd. All of which he answered with care and compassion.

Joel gave us all cause for reflection, gratitude, empathy to others and was an engaging speaker who captivated us all.

He is a role model who provides strategies to help us through the darkness and demonstrates that there is no shame in being vulnerable.

Nicole Hartigan
Head of People & Culture, Frontier

With the recent uncertainty in the world, for many people the effect has laid heavy on their mental health. Spark Green + Yoke wanted to further support and give back to their team, so we invited Joel to share his story with us.

With his wit, light humour and poise, Joel had our staff intrigued, laughing and at some parts with misty eyes. His ability to share his journey and experiences, and how these have all shaped him, his family and his career, helped our team better understand the impact of mental ill-health and how it affects everyone in so many ways.

Thank you Joel for your candour, your humour and showing us that we have the ability to take our emotional stories and speak our truth.

If you haven't had the pleasure of hearing Joel's story, I suggest you get on to him.

Sharon Nelson
Director, SGY

WORKPLACE TRAINING: PRESENTATIONS, TALKS, Q & A



TOPICS & THEMES WE CAN SPEAK ABOUT

- Joel's personal story
- Losing someone to suicide
- Depression and anxiety
- Healthy masculinity
- Burnout
- External validation \neq internal approval
- Work/life balance
- Top Tips: signs of struggle (noticing in ourself & others)
- Top Tips: the foundations of good mental health
- Top Tips: authenticity, vulnerability & strength

WORKPLACE TRAINING: MENTAL HEALTH FIRST AID



About the training



Mental Health First Aid is a thoroughly evaluated, evidence-informed, skills development course that teaches participants how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.

Developing mental health problems covered:

- Depression and anxiety
- Psychosis
- Substance use problems.

Mental health crisis situations covered:

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe effects of drug and alcohol abuse
- Severe psychotic states
- Aggressive behaviours.

On completion:

- Participants accredited as Mental Health First Aider for 3 years
- Full group reporting of participant completion rates, feedback and further recommendations.

Your facilitator



Joel Clapham is a mental health training specialist and consultant, and a Principal Master Instructor in Mental Health First Aid, who is also undertaking postgraduate study in psychology to become a clinical psychologist.

A former award-winning corporate executive in financial services and marketing, Joel burned out and broke down from major mental health problems in 2016.

Desperate to avoid the same fate as his father, who died by suicide when Joel was 16, he actively chose to be open, seek and accept help and treatment, and ensure he firstly survived, and then thrived once more.

Joel is also an award-winning writer and performer with national tours of two solo shows under his belt, both of which looked at mental health, identity and masculinity.

Joel is a vocal advocate of recognising we are all human beings first, and employees/managers second.

In establishing Hearten Up, Joel brought together his personal story, experiences, humour, compassion, and training, to help bring more heart to an often-hard world.

WORKPLACE TRAINING: MENTAL HEALTH FIRST AID



Hearten Up delivers mental health first aid training in person, online, or a combination of both.



Face to face
for groups of up to 20.

12 hours
= 2 x 6hrs OR 4 x 3hrs.

Post-workshop assessment.

Hard copy of Mental Health
First Aid manual provided.



Wholly online
for groups of up to 12.

5-7 hours self-paced eLearning
+ 2 x 2.5 hrs live video
workshops.

Post-workshop assessment.

Mental Health First Aid manual
(online & hard copy).



Blended
for groups of up to 20.

5-7 hours self-paced eLearning
+ 1 x 5hr face-to-face
workshop.

Post-workshop assessment.

Mental Health First Aid manual
(online & hard copy).

Full reporting including participant completion status, anonymised feedback and our further recommendations.

“

VFMC have been very proud to partner with Hearten Up to train and certify more than 20 mental health first aiders across our organisation.

Personally, I valued the opportunity to participate and get a new understanding for contemporary triage of mental health injuries.

The training manages a serious topic thoughtfully and the learning environment is supportive and inclusive.

I feel very pleased that so many of our team are accredited to enable them to support colleagues and friends should there be times of crisis in or outside of work.

It is a powerful capability uplift that will enable all of us to better support ourselves and others post pandemic.

I thoroughly recommend investing your time to build your own skills to manage life and sponsor others in your organisation to complete this incredibly valuable accreditation.

”

Johanna Neilsen
Head of People, Victorian Funds Management Corporation

BE HUMAN, NOT CONCRETE



Telling someone to 'harden up' and just 'get on with it' is effectively telling them to ignore and suppress how they feel. Not only is this unhealthy, but the exact opposite of good mental health.

When we acknowledge our own humanity and the fact we are all imperfect and constant works-in-progress, we give others the permission to do the same.

Humans are creatures that thrive with connection, support and camaraderie. We always have been. But somewhere along the way, we devalued sharing our stories and learning through conversation.

And it has been to our collective detriment as people, workplaces and communities.



Joel Clapham
Founder & Executive Director
0423 158 151

hello@heartenup.com.au
heartenup.com.au