

STRONG MINDS

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Strong Minds, Strong Mines

A united approach to an industry problem



MENTAL HEALTH | PHYSICAL HEALTH | SOCIAL HEALTH

Anyone who works in mining, resources or remote construction knows mental health problems can be a big issue.



The Strong Minds, Strong Mines wellbeing program provides awareness into the physical and mental health problems that can affect people working in remote environments.

We combine proven research with real-world experiences, along with a personal and relatable approach to what can often be a difficult and hard subject to address.

We aim to eradicate the stigma and discrimination that unfortunately continues to be associated with mental health. We assist companies to enhance their existing health and safety management system and ultimately improve workplace culture. Our proactive approach increases awareness and understanding, while focusing on prevention and early intervention.

Targeting social, physical and mental health, our program is tailored for onsite delivery during return to work, safety and or toolbox meetings.

Delivered via monthly digital presentations and with the assistance of your trained Wellbeing Champions, our dedicated monthly topics provide education and awareness training and a platform for open dialogue to increase social awareness and acceptance. Participants learn coping strategies and increase understanding of available support services to help with everyday life.

MENTAL HEALTH

- Leaders training for Managers to Supervisors
- Wellbeing Champion training and support material
- Monthly presentations
- A mental health guide for employees
- Site visits to deliver training and presentations
- Promotion and reference material
- Dedicated Program Manager providing ongoing support to your management team and Wellbeing Champions
- Wellbeing survey and evaluation of the program's outcomes

PHYSICAL HEALTH

- Establish a Wellbeing Community via your own mobile app
- Healthy meal plans (male and female)
- Exercise and training programs
- Motivational videos
- Recommended event schedule
- Active promotion of wellbeing events eg: R U OK Day and Mental Health Week

ADDITIONAL OPTIONS

- Coordinated fitness challenges
- Online music concerts and social activities
- Live workouts or digital display system option
- Onsite gym equipment assessments
- Wellbeing coaches
- Electro muscle stimulation training
- Body composition scans
- Wellbeing workshops
- Brain wellbeing program

Wellbeing Champion

Whilst not everyone can be a qualified physical and mental health professional, almost everyone has been, or knows of someone that has been impacted by a physical or mental health problem in their lives. Aimed at identifying and utilising team members that are resilient and passionate about the wellbeing of others, your Wellbeing Champions are critical to the success of the program.

Wellbeing Champions are used to create a sustainable wellbeing culture. Therefore, it is vital to actively appoint resources within your organisation to drive the program's success and help direct workers to the applicable support services.

Champions will be provided with training, resources and on-going support from the wellbeing team. Ideally, your Champions will volunteer for the position, rather than be assigned to the role.

THE WELLBEING CHAMPION ROLE

- Deliver toolbox presentations
- Distribute physical and mental health information to new employees
- Encourage people to share their own stories and experiences to "normalise" mental ill-health
- Promote wellbeing campaigns such as R U OK Day, Movember and Mental Health Week.
- Listen and provide direction to support services, both internal and external to your company.
- Encourage participation in physical health and wellbeing components of Strong Minds, Strong Mines.

Leaders training

Our training and learning resources provide leaders, wellbeing champions and employees with the tools and strategies needed, to talk about, and respond to, workplace physical and mental health problems and crises, resulting in a sustainable workplace culture of psychological health and wellbeing.

Once trained, leaders are able to identify the signs and symptoms that can affect physical and mental health at work, common risk factors and be able to recommend available support options.

TRAINING WILL PROVIDE PARTICIPANTS WITH AN UNDERSTANDING OF:

- the factors that can impact on physical and mental health at work
- managing discrimination and stigma
- social health – the importance of human interaction and feeling connected
- how stress can impact on overall health
- where to seek assistance

THEY WILL LEARN:

- how physical activity can benefit mental health
- practical strategies to improve physical and mental health when working away from home
- the framework to establish a wellbeing culture that everyone owns

Leaders training is designed to be delivered on or off site and can be split up into a number of training sessions to accommodate daily operations and site requirements. Typically, six hours in duration, the training will be delivered by our wellbeing team during site visits or as agreed.



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