

# Frequently Asked Questions



# Organisation Insights

## **Mission,**

We empower people to build skills and promote mental wellbeing  
in schools, workplaces, and communities.

## **Vision**

We are committed to being recognised as a world leader in the delivery of prevention and early intervention mental health strategies.

## **Values**

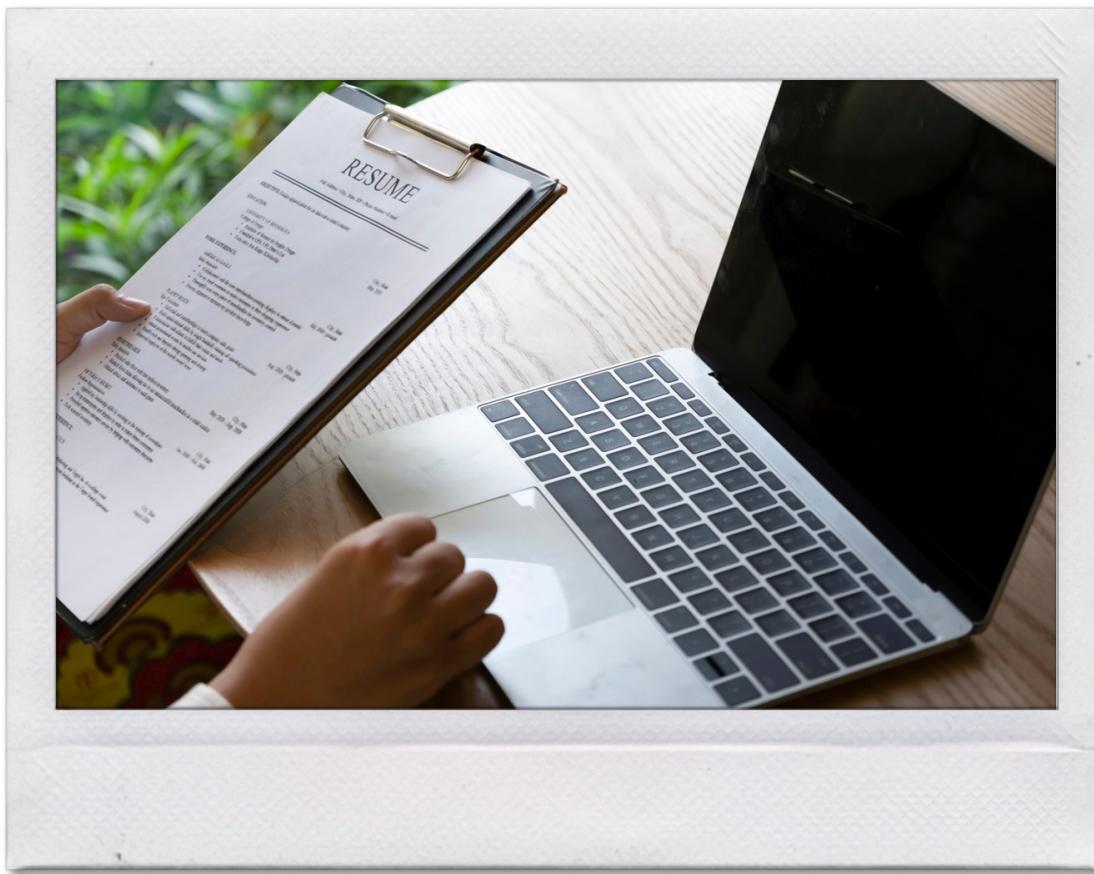
Creativity

Commitment

Mindfulness

Integrity

Community



# Frequently Asked Questions

## **Are there any additional costs that I need to be aware of?**

- Travel costs apply for areas 80km outside of Sydney, Brisbane, Melbourne and Canberra (ACT) CBD.

## **How many can attend a face to face event?**

- Maximum audience size of our performances is 150. There are no min numbers.

## **How many can attend a workshop?**

- Maximum audience size 30. There are no min numbers.

## **How many events can I book in a day?**

- Max 3. A min 30mins is needed to be scheduled in between sessions.

## **What is the duration of a Mind Blank events?**

- 45-90mins

## **What are Mind Blank's requirements for a face to face presentation?**

- Access to venue: 1hr prior to start time
- 3 x mic to be supplied if audience size exceeds 100
- All audience must be seated
- Ideally, a EAP service or/social worker to be present at the workshop
- Time given to hand out evaluation surveys to attendees on the day

## **What workshop topics do you cover?**

Please refer to the website for updated information on this question. Or call our team on 0468912399. We can also design new scripts according to the need.

## **Are your programs evidence based?**

Yes our programs are evidence based. To access our internal program evaluation summary please email our team on [info@mindblank.org.au](mailto:info@mindblank.org.au).



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## **Are there any research articles published about Mind Blank workplace programs?**

No. The University of Canberra is currently in the middle of supporting an independent program evaluation on our workplace programs. We do however have research published on our Mind Blank for schools model

<https://workdrive.zohoexternal.com/file/hsd82253c2535e7f64777a889f97fe3239234>

## **Can your programs be adapted to support First Nations employees?**

Yes our programs can be tailored to meet the need of Aboriginal Torres Strait Islander workers. We have engaged with various reference groups to support culturally adaptive programs. Our program collaborations in this space have won a mental health services award. <https://www.themhs.org/2019-themhs-awards-gallery/>

## **What groups size can you present to?**

- Workshops sizes are ideal at 30 attendee's max.
- Live performances or public presentations can host approx 180 attendees in one sitting.
- Live streamed workshops can host a max of 1000 attendees.

## **How do we avoid triggering people?**

Before the workshop, we disclose exactly what type of content the audience will be experiencing. We also provide workplace leaders with post-workshop materials to continue the discussion with their working groups.

During our workshops, we point out where the support staff are in the room, to ensure attendees receive adequate care if they are affected by any of the issues mentioned in the workshop.

Upon leaving the event, audience members are given crisis helpline numbers, and information for help pathways tailored to your specific workplace.

# Frequently Asked Questions

## **There was a recent suicide in the workplace. Is this the right time to get you in?**

We have successfully been able to support workplaces that have been in this situation. Many have found it helpful to get our team in to support the remaining staff to be mindful of their own self-care and highlight help-seeking messages.

We have honestly found that staff who may be impacted by a recent suicide are receptive to the program and willing to discuss core messages in the workshops. You must let our team know what the team has gone through and provide additional support to those who may be at higher risk in the workshop.

We recommend that you follow your own governance procedures and implement a strategy to support the awareness of EAP services and government mental health plans before our team arrives.

## **Do you have to mention the word suicide?**

No we do not have to mention suicide, however, we do recommend that we do in order to help reduce any stigmas involved. Typically if suicide is mentioned in the program it will be once at the start where the facilitator mentions the character feels like they have hit rock bottom. We do not stage it. We then turn the story around to empower the attendees to talk about actions steps to help the character make better choices.

Our team has over 10 years experience hosting this conversation and are knowledgeable in knowing how to turn a conversation around if it is not helpful to the program.

## **How do we support mental health best practice in our programs?**

Mental health consumers are included in the planning phases of all our programs. This commences with identifying a story of lived experience with mental ill health. The selection process is commonly through a partnership with the local health district or a service. Our policies to create programs follow a Do No Harm framework as well as practical guidelines outlined by Mindframe.



Creatively committed to mental health  
education with mindfulness and integrity.



Help & resources available @  
[mindblank.org.au](http://mindblank.org.au)

Find us on Facebook,  
Instagram or Youtube

