



Learning Academy

Welcome to the IEP Mental Health for Employability eLearning Program

Mental Health for Employability is the IEP Learning Academy's specialist program for frontline practitioners, developed in partnership with mental health training specialists Big Dog Little Dog (BDLD CIC). Through 6 in-depth modules, learners build the knowledge, confidence and practical tools needed to recognise, discuss and support participants – with both diagnosed and undiagnosed mental health issues – on their journey to employment.

Our program equips practitioners to have informed, sensitive conversations, spot early warning signs, and provide effective, person-centred support that helps participants move closer to their goals.



At a glance:

- 6 in-depth modules
- 4+ hours of learning
- Self-paced, 15–20 min topics
- Mobile, tablet and desktop access
- Knowledge checks throughout
- Revisit modules anytime

Mental Health Modules

Understanding Mental Health

Explores what mental health means, the fact that everyone has it, and why program participants may be more prone to experiencing mental health challenges – along with the initial steps practitioners can take to support them.

An Unemployment Perspective

Looks at the impact of unemployment on mental health, how practitioners can play an informal but active role in recovery, and how to normalise conversations and build a better understanding of mental health conditions.

Supporting Someone Living With Depression

Covers the definition of depression, common causes, and activities that can help with low mood. Explores treatments beyond medication and how to make mental health a regular, comfortable conversation to support recovery.

Understanding Anxiety

Explores anxiety as a normal, natural emotion that can become unhealthy. Covers common triggers, coping methods, and how to discuss treatments and helpful activities with participants.

Suicide Awareness

Focuses on the correlation between unemployment and suicide, how to identify warning signs in participants, and how to respond appropriately if a participant expresses suicidal thoughts.

Understanding Self-Harm

Explores how self-harm is defined, its distinctions and connections to suicide, common reasons a participant may engage in self-harm, methods used, available treatments, and how practitioners can provide effective, non-judgemental support.



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