

PERTH, AUS

FIFO MENTAL HEALTH GROUP.

2023

SERVICE OFFERINGS

WE GET FIFO WORKERS TALKING ABOUT THEIR MENTAL HEALTH



ONE OFF KEYNOTES & PRESENTATIONS

30 - 90 MINUTES

Our speakers have been a part of the fifo and defence force industries, so they understand first hand the issues that come with working away. This makes them relatable, using their stories to create trust and connection, then leveraging that rapport to deliver short, sharp and impactful content to give your audience or team value.

KEYNOTE OPTIONS

01

Lived experience story only, with a powerful take away message regarding taking steps to improve our mental health

02

Educational content only. Dependant on your needs, this will include neuroscience based content and stress management tools.

03

A mixture of lived experience speaking, with educational content.

04

The irritants and emerging issues we're seeing within the industry, as well as our thoughts on how best to approach them.

COST

Perth - \$2700 + gst

Regional and interstate - \$3600 + gst (see T's & C's)

SERVICE OFFERING



2-3 DAY SITE VISITS



30-45 MIN SESSIONS, 1ON1S, SHORT REPORT

Mine site visits are where we set ourselves apart.

With first hand experience, a process tested with thousands of FIFO workers and the ability to have down to earth 1on1 conversations, we will give your people a chance to learn from someone they can relate to, to be heard by someone who truly cares, and to be helped as they take that first step, be it EAP, chaplain or the use of tools.

Not only this, with 2-3 day site visits, we will provide a short report on our findings, to help your safety teams take action on the relevant psychosocial risks that were identified. 2-3 day visits are recommended to coincide with panel change, to maximise coverage while limiting cost.

RECOMMENDED SITE VISIT STRUCTURE

D1

- Fly in to site AM Day 1. This works best when overlapped with your panel change over day to maximise coverage.
- Deliver up to 4 x 30-45min sessions.
- Deliver private opt-in 1on1s after every session.
- Overnight at camp.

D2

- Attend pre-starts and deliver up to 4 x 30-45min sessions.
- Deliver private opt-in 1on1s after every session.
- Overnight at camp.

D3

- Attend pre-starts and deliver up to 4 x 30-45min sessions.
- Deliver private opt-in 1on1s after every session.
- Fly out of site on the PM flight.
- Deliver short report via email.

COST \$3600 + gst per day (see T's & C's)



ONGOING SITE VISITS



3 MONTH, 6 MONTH & 12 MONTH OPTIONS



For the existing client who is eager to schedule regular site visits, to build out relationships, educate their teams on mental health and self management, while frequently identifying individuals who are struggling, as well as emerging issues and irritants.

We see ourselves as a cog in your wheel, delivering what we're best at, in an attempt to assist your HSE and HR teams as they navigate the psychosocial regulations.

This option can be utilised to visit one particular site multiple times, or to visit multiple sites. Roll out to be discussed.

COST To be discussed depending on your specific needs. Ongoing site visits receive discounted day rate in return for the longer term commitment.

SERVICE OFFERING



LEADERSHIP HUDDLES

45-60 MINUTES | CBD, REGIONAL, MINE SITE

Use these sessions as one off presentations and site visits, or as a part of our ongoing visits. Within these leadership huddles we'll help your leadership team create connection and psychological safety within their teams, through our custom process, focusing on human needs, threat states and safe states.

We'll work with your leadership team first, followed by each leader and their team second.

HOW WE ROLL THIS OUT

01

We run the initial huddle for your leadership team, to help them understand the concept, the content, themselves as leaders and their fellow leaders.

02

The following sessions are with individual leaders and their teams, using the same process to help them understand each individual and what helps them create a feeling of psychological safety.

03

Your leaders can then run this process internally without us, although we can make ourselves available if deemed necessary.

COST

Perth - \$2700 + gst

Also can be included as a session within the site visit options.

SERVICE OFFERING



T'S & C'S

Terms and Conditions for presentation and site visit offerings:

1. The client is responsible for any travel and accommodation necessary for service delivery.
2. Extra nights on site, outside of the agreed upon schedule, must be discussed. This will account for an additional days subtracted from your ongoing visit allotment, or charged at the standard day rate \$3600 + gst.
3. If the client cancels their presentation or site visit within 4 weeks of delivery, a 50% cancellation fee will be charged. FMHG are within their rights to waive this if deemed unavoidable.
4. In the event of a covid or illness lockdown, any FIFO Mental Health Group employees who are within your building or site, must be tested and if negative, granted a vehicle or flight in order to safely make it back to Perth. If this cannot be done for whatever reason, additional days will be charged at a standard day rate of \$3600 + gst.
5. FIFO Mental Health Group will be permitted to take photos and videos whilst delivering their service, to share across their social media platforms. The stipulations regarding the captured content is to be made clear by the client prior to delivery.
6. Any content created by FMHG for the client, will remain the property of FMHG, unless otherwise agreed to by a FMHG Director and the client.

Contact our founder personally for more information:

E: Lachie@fifomentalhealthgroup.com

M: 0456223345