



MENTAL HEALTH FIRST AID ESSENTIALS

90 minute program

Overview: Key skills for assisting someone experiencing a mental health challenge

Staff will learn to respond, listen, and support someone they're concerned about. Developing mental health first aid skills helps with early detection and intervention. We cover recognising warning signs, how to approach, and where to seek support.

Program Topics

- What is Mental Health First Aid and Why do we need it
- The psychologically and physiologically impact if ignored
- Signs, Symptoms and Judgements of Anxiety and Depression
- 3-Step Action Plan
- Applied Practice
- Strategies to take care of your Mental Health
- Connection and Empathy
- How to create a flexible nervous system to manage stress and cope with change
- Strategies to regulate the nervous system and improve mental health and well-being

Inclusions

- Confidential pre course interview - this will assist in contextualising content and addressing core issues
- Post course survey (providing invaluable feedback from workers)
- Post course report providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence
- Downloadable Workplace 'AHA' Action plan

Participants of this course receive:

- Mental Health First Aid handout
- 4-week email series to review and encourage practice

Program Benefits

- Promotes a mentally safe and healthy workplace
- Reduces stigma and prevents discrimination
- Improve Communication
- Reduce Conflict
- Reduce Physical injuries
- Encourages employees to look after their own mental health
- Reduces risks associated with poor mental health
- Enhances employee wellbeing
- Increased productivity and reduced absenteeism
- Meet WHS Legislation requirements

Delivery Format

- Face to Face Delivery
- 90 minutes
- Experiential processes, an impactful learning style
- Relaxed and engaging training style

Learn More

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