



MENTAL HEALTH FIRST AID AWARENESS

60 minute program

Overview: Key strategies for addressing mental health challenges in the workplace

Raising awareness of mental health problems in the workplace is essential to cultivating healthy, harmonious and productive work environments. Training and awareness in Mental Health has been shown to result in better knowledge, attitudes and help-giving.

Program Topics

- What is Mental Health First Aid and why do we need it
- The impact both psychologically and physiologically if not addressed
- Signs, Symptoms and Judgements of Anxiety and Depression
- 3-Step Action Plan and how to apply the practice
- Strategies to take care of your Mental Health

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 of training.
- 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
- 60 minutes
- Interactive
- Relaxed and engaging training style

Learn More

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