



# Mental Health First Aid Applied

90 minutes

## *Key skills for assisting someone experiencing a mental health challenge*

### **Course Overview:**

Workers will learn how to respond, listen to or support someone they are concerned about. Developing mental health first aid skills is important for early detection and intervention.

Mental Health First Aid skills should be part of every organisation's mental health and well-being strategy because mental health is a key factor in a person's ability to function productively and happily. Reducing the risk of work stress and mental health problems in the workplace leads to a happier workforce and workplace culture.

- Understanding Psychosocial hazards and associated risks
- Identifying the potential impact of psychosocial hazards
- Ways to minimise the impact of psychosocial hazards
- The importance of understanding mental health warning signs

This 90-minute interactive training steps participants through the essential information needed for approaching and assisting a person who may be struggling with their mental health.

Also included:

- Confidential pre course interview (this will assist in contextualising content)
- Confidential post course survey (providing invaluable feedback from workers)
- Post course report from the Facilitator providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence of training

### Mental Health First Aid Applied covers:

- Mental Health First Aid: what, why, how
- Understanding Mental Health
- Types, Signs & Symptoms
- Applied Empathy
- 3-Step Action Plan
- Applied Practice

### Participants of this course receive:

- Mental Health First Aid Booklet
- AHA! Action Plan
- Empathy Charts
- 4-week follow up email series to review and encourage further practice

Our accredited Mental Health First Aiders are aware of the scope of mental health concerns being faced in these times. Our trainers are professional, relatable and passionate about what we are offering.