



30 minutes

SOS

Mental Health First Aid Awareness

Key strategies for addressing mental health challenges in the workplace

30 minutes in person or via Zoom

Course Overview: 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 First Aid has been shown to result in better knowledge, attitudes and help-giving. The economic and social impacts of mental illnesses including anxiety and depression have a wide-ranging and persistent impact.

This 30-minute interactive training educates participants about the most important factors relating to mental health. Course participants are introduced to a 5-step action plan for how to help a person who is in a mental health crisis or developing mental health problems.

SOS30 Mental Health First Aid Awareness:

- What is Mental Health First Aid
- Why do we need it
- Signs and Symptoms
- Action Steps

Participants of this course receive:

- Mental Health First Aid Resource Pack
- Certificate of Completion
- 4-week follow up email series to review and encourage further practice

Available both in person and via Zoom. No previous online learning is required.

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.