



Mental Health First Aid Awareness

30 minutes

Key strategies for addressing mental health challenges in the workplace

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 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.

- The importance of addressing mental health concerns early, prevention is key
- The impact both psychologically and physiologically if not addressed
- Judgement of others and understanding empathy

Course participants are introduced to a 3-step action plan for how to help a person who is in a mental health crisis or developing mental health problems.

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 Awareness:

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