

# Mental Health First Aid for the Workplace

Mental Health First Aid for the Workplace is a nationally recognised evidence-based course which gives your employees, managers and leaders the skills and confidence to have supportive conversations. It has been proven to increase knowledge, early intervention, and reduce stigma within the workplace.

## »» Topics

- Depression
- Anxiety
- Psychosis
- Substance Misuse

## »» Crisis situations

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drugs
- Aggressive behaviours.

## »» Key Learning Outcomes:

- Ability to recognise and identify mental health issues in the workplace
- Increased confidence in approaching and having a conversation
- Respond confidently in a crisis situation
- Ability to encourage connection to professional help
- Understand the importance of self care

## »» Delivery Methods



### Blended

- Self-Paced eLearning (5-7 hours)
- 4 hours face to face
- Max 15 Participants



### Online:

- Self-Paced eLearning (5-7 hours)
- 2 x 2.5 hour online facilitator led sessions
- Max 12 Participants

## Contact Us

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