



## Mental Health First Aid for the Workplace – 4hr. Face to Face Session

Mentally healthy workplaces work better for everybody – employees, managers, business owners and organisational leaders. They are productive, positive places where everybody feels supported to do their best work. Every organisation is different but a safe, healthy workplace:

- ✓ Encourages everyone to speak openly about mental health
- ✓ Supports all staff including those with mental health conditions
- ✓ Has low employee turnover and sick/stress leave
- ✓ Enjoys high staff loyalty

This course teaches managers, supervisors and individuals how to assist a co-worker who is developing a mental health problem or experiencing a mental health crisis.



Course participants first complete the interactive self-paced eLearning component that presents an overview of mental health problems and mental and mental health crisis

The follow-on face-to-face training allows participants the opportunity to revise and consolidate skills in a group environment, and to address mental health problems in the workplace in more depth.



**In the face-to-face training**, the focus is on the revision and application of knowledge and skills learnt in the eLearning component, providing participants with the opportunity to:

- ✓ Examine issues pertinent to mental health problems including anxiety, depression, psychosis and substance use problems in the workplace
- ✓ Clarify any points of uncertainty remaining after completion of the eLearning modules
- ✓ Apply the MHFA Action Plan to relevant workplace scenarios
- ✓ Discuss and reflect 'a where to from now' in using mental health first aid skills in the workplace.

### Enrolling in this Blended Course is a two-step process:

1. Enroll and complete the eLearning component – you can do this via Mental Health First Aid Australia website
2. **Arrange follow-up face-to-face group training session with TMF Training Solutions:**

**E:** MHFA@tmftrainingsolutions.com.au

**M:** 0407 198 363

TMF Training Solutions approach helps you to learn about mental health problems and mental health crises and how to respond to them in a safe, inclusive and friendly environment.