

MENTAL HEALTH FIRST AID

ACCREDITED 2-DAY COURSE FOR YOUR WORKFORCE



"The Mental Health First Aid course was very informative and thorough. It covered a lot of needed material required to fully understand the headspace of people with different types of mental illness and how to assist them without judgement."

- Jack, ESS Support Services

? DID YOU KNOW...

- ✓ Mental ill-health costs Australian workplaces \$4.7 billion in absenteeism
- ✓ \$1.6 billion in presenteeism
- ✓ \$146 million in compensation claims per year
- ✓ Only 22% of full-time workers with signs of common mental illness receive treatment.

HOW WILL THIS COURSE BENEFIT MY ORGANISATION?

More and more workplaces are realising the impact of mental health problems at work on their people and productivity.

Mental Health First Aid (MHFA) in the workplace:

- helps management identify where mental illness is a challenge in your workplace
- gives employees the knowledge, practical skills and confidence to support co-workers and help guide them to professional help if needed
- offers a training that is complementary with current Employee Assistance Programs (EAP)
- encourages the appointment of MHFA officers
- provides the opportunity for the organisation to become a nationally recognised leader in their industry via the MHFA 'Skilled Workplace' program.

All participants will receive a **Standard Mental Health First Aid Manual** and a **Certificate of Completion** at the end of the 2-day course.

You also have the opportunity to complete an online **Accreditation Assessment** in order to become an **Accredited MHFAider** for 3 years.

Mental Health First Aid Australia is the author of this training program. This course may contribute to your **Continuing Professional Development (CPD)**. Check with your relevant industry body for more information.

WHAT WILL STAFF LEARN?

- + Recognise signs and symptoms of common mental health illnesses.
- + Learn how to approach, listen and communicate with people confidently and appropriately, especially in a mental health crisis.
- + Gain the knowledge to break down stigma that prevents people from seeking professional help.
- + Learn from an instructor with lived experience.

DURATION

The course runs for 12 hours over 2 days, usually Fridays and Saturdays, or two Fridays/Saturdays over 2 weeks. (Other options can be discussed.)

TIME

9am to 4pm (including 1 hour lunch and breaks)

PARTICIPANTS

Maximum number: 12

COST FOR TRAINING

\$2250.00 per organisation
(GST not applied.)

LOCATION

At your business location.



YOUR INSTRUCTOR

Dr Simon Yam PhD is the Founding Director of BROS GLOBAL, a worldwide service for men's mental health support, suicide prevention and personal development. Simon is also an Accredited MHFA Instructor with MHFA Australia.

Call 0411 983 888
www.bros.global/mhfa