



## Why Mental Health First Aid for the Workplace?

- For many of us most of our time is spent in our workplace environment.
- Research has shown that the workplace environment has a significant impact on our mental health and wellbeing.
- "Depression and anxiety are now the leading cause of long-term sickness absence in the developed world. They are also associated with presenteeism, where an employee remains at work despite their condition causing significantly reduced productivity. In Australia alone, poor mental health at work is estimated to cost the economy over \$12billion each year, including over \$200million worth of workers compensation claims." From Black Dog Institute 'Workplace Wellbeing'
- Mental Health Education in the workplace can "increase productivity and employee engagement" as well as supporting individual health and wellbeing.
- The Mental Health Station along with MHFA Australia is committed to the helping you create a culture of wellbeing in your workplace.
- MHFA Australia recommends: "that every workplace should help promote good mental health, prevent mental illness and have the tools to support people with mental health problems. To do this, we believe that: Every workplace should offer Mental Health First Aid training to their workers. Every worksite should appoint at least the same number of Mental Health First Aid Officers as First Aid Officers. More information can be found [here](#) on the MHFA Australia website.
- [Contact](#) the Mental Health Station today to discuss ways we can support you in prioritizing mental health and wellbeing or to book a Mental Health First Aid training today.

See [www.mentalhealthstation.org](http://www.mentalhealthstation.org) for Regular trainings in our venue or yours. [Sydel@mentalhealthstation.org](mailto:Sydel@mentalhealthstation.org)