



## MENTAL HEALTH FIRST AID TRAINING OPTIONS FOR THE WORKPLACE

The **Mental Health Station** can support you in creating a **Mentally Healthy Workplace**. Workplaces are becoming more aware of the impact of mental health problems on employees and productivity.

We can support by creating **customized packages** combining MHFA Trainings, with Stress Awareness and Wellness Trainings. We can also assist you in creating your very own **Mental Health Station Directory** with Resources tuned to the needs of your workplace.

**Mental Health First Aid Training is a vital first step.**

**MHFA is as important as General First Aid.**

Employees who train in MHFA become “**Mental Health First Aiders**”. They will have the skills and confidence to have supportive conversations with their co-workers and guide them to professional help if needed. MHFA has been shown to increase knowledge, confidence, helping behaviours, and reduce stigma.

### **Your Training Options for MHFA:**

We understand that workplace needs vary especially since Covid 19. Prioritising Mental Health in your workplace is a long-term investment. So we have a number of training options for you. We ask you to consider face-to-face is always optimal for mental health training. We have options for you listed on the following page.



## **MENTAL HEALTH FIRST AID TRAINING OPTIONS FOR THE WORKPLACE**

### **1. Standard Mental Health First Aid. 12 hour training.**

This is the core training or standard. All other trainings integrate this standard information to offer alternative formats.

Standard MHFA teaches adults the skills to offer initial support to other adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

**Traditionally offered as a face-to-face training over two 6-hour days (or sessions of 3 x 4hr or 4 x 3hr).**

### **2. Blended Mental Health First Aid in the Workplace**

Designed for workplaces that want increased flexibility in training delivery, the Blended MHFA in the Workplace course consists of two components:

- Online (self-paced eLearning – 5 to 7 hours)
- Followed by face-to-face workshop (4 hours).

The 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. However course participants will learn mental health first aid skills that can be applied to help any adult. Course content is tailored to the workplace setting using case studies, videos and resources tailored to their learning needs.



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The 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.

The Mental Health Station is available for support while staff navigates the e learning and in organizing the purchase of e-learning vouchers if you prefer.

We can travel to your workplace to facilitate the face-to-face workshop or staff can travel to our venue if preferred.

### 3. Blended Mental Health First Aid in the Workplace (100% Online)

Designed for workplaces where face-to-face is not possible. This training option has two components:

- Online (self-paced eLearning – 5 to 7 hours)
- Followed by two online Sessions via Video Conferencing each 2.5 hours and one week apart.

We are here to support you please email below if you would like a phone appointment to further explore options above, to receive a quote and or make a booking.

For More information Contact [Sydel@mentalhealthstation.org](mailto:Sydel@mentalhealthstation.org)