

The **Blended Online MHFA for Financial Services Professionals** course teaches professionals how to assist a co-worker or person in financial distress, who is developing a mental health problem or in a crisis.

This course is offered in a blended format consisting of **self-paced eLearning modules** (6-8 hours) and an **instructor-led component** (2 x 2.5 hrs sessions delivered via video conferencing).

### Course component 1 – Self-paced interactive eLearning

Participants will receive an introduction to mental health, mental health problems and mental health first aid. Each module will cover statistics and facts about the particular mental health problem, how to recognise the signs that someone may be experiencing the problem and how to apply the MHFA Action Plan.

#### Mental health problems covered

- Depression and anxiety
- Psychosis
- Substance use problems

#### Mental health crises covered

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

### Course component 2 - Instructor-led video conferencing

- Revise the eLearning content and clarify any points of uncertainty remaining after completion of the eLearning modules
  - Apply the MHFA Action Plan to relevant scenarios for financial services professionals
  - Develop a self-care plan to maintain good mental health
- Review a range of resources that a mental health first aider could refer someone to when providing mental health first aid.

*This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.*

## WHO WE ARE

Our facilitators at **PsychAssist** are accredited in providing Mental Health First Aid through MHFA Australia, who is a national not-for-profit organisation that develops and evaluates mental health training and research. We are experienced and hold tertiary qualifications in Psychology and postgraduate studies in Rehabilitation Counselling.

We are passionate about mental health and empowering everyday Australians through empathy, knowledge and creating a safe space for everyone to learn. Our courses are so much more than just education, they go deeper into aspects of Neuropsychology, Emotional Intelligence, Mindfulness and Positive Psychology.

**For more information regarding holding a training session for your organisation, please contact:**