

# Workplace MHFA One Day



Our one day mental health awareness and skills course qualifies you as an MHFA Champion.

## **MHFA Champions have:**

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.


Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan.

## **Everyone who completes the course gets:**

- An MHFA manual to refer to whenever they need it
- A certificate to say they are an MHFA Champion

**“Worthwhile course for all managers – Thank you!”**

## Course structure



### Session 1

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health



### Session 2

- Applying the Mental Health First Aid action plan
- Action 1: Approach the person, assess and assist with any crisis
- Suicide
- Action 2: Listen and communicate non-judgementally
- Action 3: Give support and information
- Action 4: Encourage the person to get appropriate professional help
- Action 5: Encourage other supports
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA