

MENTAL HEALTH FIRST AID (MHFA) OFFICER TRAINING

Protect your people with mental health first aid training

OUTCOMES

- Certification as a Mental Health First Aider
- Knowledge, skills and confidence to respond to workplace mental health incidents
- Reduce stigma in the workplace
- Drive a culture of care for mental health



ABOUT THE PROGRAM

- Face-to-face, virtual or blended option
- Self-paced and instructor led options

The role of a Mental Health First Aid Officer can strengthen a supportive workplace culture and improve cohesion, retention and engagement.

Workplaces report that Mental Health First Aid Officers provide valuable support to staff by encouraging employees to speak openly about mental health and by being able to facilitate early intervention.

The *Mental Health First Aid* program is a certified course which gives your employees the skills and confidence to have supportive conversations with their co-workers and help guide them to professional help, if needed.

THE PROGRAM COVERS

- The signs and symptoms of common and disabling mental health problems
- How to provide initial help before professional help arrives
- Where and how to get professional help
- The most effective help that can be offered in a workplace
- How to provide mental health first aid in a crisis situation

DELIVERY FORMAT

- 2-day face-to-face program conducted onsite
- 2-day virtual program including:
 1. Self-paced e-learning: 6 hours x 1 session
 2. Instructor led video conferencing: 2.5 hours x 2 sessions

BACKGROUND

Mental health problems in the workplace affect both the safety of people and their overall productivity.

A mentally unhealthy workplace fosters poor morale, low engagement and increased human error due to poor decision making.

One in five people will experience a mental health problem in the workplace. This means it is important for the workplace to increase resources to support early intervention and ongoing support for those that experience poor mental health at work.

WHY USE JONAH GROUP

Jonah Group's experts know mental health and have been supporting leaders facing mental health challenges in the workplace for more than 17 years.

They share their knowledge with leaders from the board room to the front line, driving real change in people's attitudes, behaviour and mindset – and ensuring safety and wellbeing.

In a world where more than 2 million die every year from work related accidents and disease, safety is Jonah Group's mission.

Whether mental health or physical safety, Jonah Group's experts teach people the science of risk and help leaders build sustainable cultures of safety.

Jonah Group. *Saving Lives. Protecting business.*



“Jonah Group makes learning a breeze. The course content is refreshing and easy to follow and implement to the team. It is so helpful being able to recognise the signs early on and work with the team to effectively help them. As soon as we finished the session, my phone lit up with calls from the team saying how great it was. I highly recommend Jonah Group's mental Health session for your Company.”

Brent Laver

Director of Personnel

“I've engaged and collaborated with The Jonah Group a number of times over the years in safety culture and mental health. Their approach is dynamic, impactful and highly engaging. Love their programs, people and methodology”

Tanya Pelja

Director of Safety and Compliance APAC

**Contact us today to learn how
we can help you**

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