

Mental Health First Aid for Workplaces



MENTAL HEALTH
FIRST AID®
Australia

Workplaces that prioritise mental health can nurture a compassionate and inclusive community that allows staff well-being to flourish.

Every year, 1 in 5 Australians will experience a common mental illness. That means that every day, millions of Australians go to work while experiencing a mental health problem - the impact of this can be enormous, affecting workplace productivity, performance and employee well-being.

Given that the average Australian worker will spend close to one third of their lives at work, the workplace is an ideal place for early intervention and supports for those experiencing or living with mental illness.

Understanding how to talk about mental health and having the confidence and knowledge to help someone in need are important skills that everyone in the workplace can learn.

This is where Mental Health First Aid Training can help

Mental Health First Aid Australia offers a suite of early-intervention education courses that increase mental health literacy and teach the practical skills needed to support someone experiencing a mental health problem or mental health crisis.

Mental Health First Aid (MHFA®) training equips adults in the workplace with the knowledge and confidence to recognise, understand and respond to a co-worker or other adult who may need information or support.

What is Mental Health First Aid?

Most people are familiar with physical first aid and the idea that when you attend a physical first aid course you learn the skills and knowledge required to recognise and respond to life-threatening emergencies and provide a first aid response to a casualty across a range of different situations.

Mental Health First Aid training adopts a similar approach. Our courses teach participants about the different types of mental illness and through our practical action plan you learn the skills to recognise and respond to someone experiencing a mental health problem or mental health crisis.

Mental Health First Aid training helps adults in the workplace to:



Intervene early

Recognise the warning signs of mental health problems in other adults.



Offer support

Learn the skills to speak openly and accurately about mental health.



Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health problems.



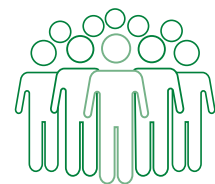
1 in 5

Australians will experience a mental health problem in any given year.¹



\$10.9 Billion

The annual cost of untreated mental illness on Australian businesses.²



9 in 10

Employees believe mental health in the workplace is important.³

¹National Study of Mental Health and Wellbeing 2022

²Creating a mentally healthy workplace: Return on investment analysis, 2014

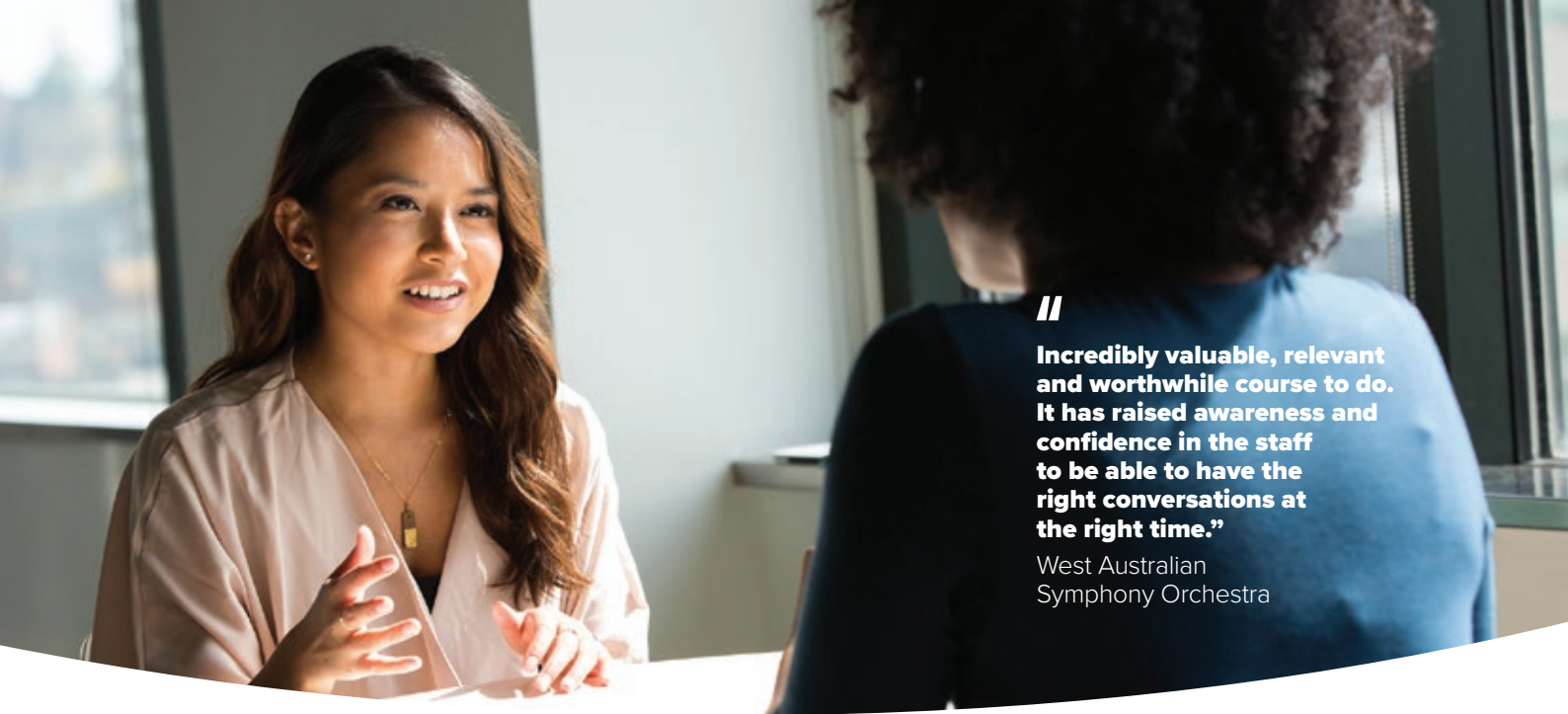
³State of Workplace Mental Health in Australia, 2014



MHFA training is an important life skill. It has provided our staff with the tools and knowledge to breakdown stigma and support mental health conditions in the workplace.”

Health Reimagined

learn more mhfa.com.au/workplaces



“**Incredibly valuable, relevant and worthwhile course to do. It has raised awareness and confidence in the staff to be able to have the right conversations at the right time.**”

West Australian
Symphony Orchestra

Find the training that's right for you

Standard MHFA is the training most commonly recommended for workplaces:

Standard MHFA

Teaches adults how to support a friend, family member, co-worker or other adult

Available in Face-to-Face, Blended Face-to-Face and Blended Online delivery



Face-to-Face

A 12-hour course led by a Licensed MHFA Instructor.



Blended Face-to-Face

Self-paced eLearning (typically 5-7 hours) followed by a 4-hour face-to-face session.



Blended Online

Self-paced eLearning (typically 5-7 hours) followed by 2 x 2.5 hour video conferencing sessions.

Visit mhfa.com.au to browse our full range of core and specialised courses.

Take the next step

Once you've chosen the course that's right for you, the next step is to choose how to deliver the training. There are several options available:



Book a public course

Individuals or small groups can register to attend a publicly listed course. Visit your preferred course page at mhfa.com.au to book.



Organise in-house training

Mental Health First Aid Australia has a network of 3,000+ trained and Licensed Instructors with local and place-based knowledge. Larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue. Visit your preferred course page at mhfa.com.au to organise.



Train a staff member to become an Instructor

Training a staff member to become a Licensed MHFA Instructor can be a cost-effective and sustainable way to embed MHFA training within your workplace. By training staff members to become Licensed Instructors, MHFA courses can then be delivered to staff on an ongoing basis. Learn more: mhfa.com.au/be-an-instructor

Why choose Mental Health First Aid Australia?



Evidence-based



Rigorously evaluated



Internationally recognised



MHFAider support network

Recognising Workplaces and their Commitment to MHFA training

The Mental Health First Aid Workplace Recognition Program recognises and celebrates organisations across Australia who invest in developing mental health skill in their people.

This program encourages organisations - both big and small - across all industries - to strive for a long-term commitment to positive change in mental health literacy and action.

Learn more about our Workplace Recognition Program:

mhfa.com.au/workplacerecognition



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The Workplace Engagement Team is here to help and support you at any stage of your MHFA training journey. Get in touch via email at workplaces@mhfa.com.au

learn more mhfa.com.au/workplaces