



MENTAL HEALTH FIRST AID IN THE WORKPLACE



MENTAL HEALTH
FIRST AID®
Australia

Licensed Instructor



The Blended Mental Health First Aid for Workplace course will teach you how to assist a co-worker who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

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

Note: This course is not a therapy or support group.

Duration: 5 - 7 hours online (self paced)
plus 4 hours in class

Delivery mode: Blended online and in class training

Entry Requirements

Participants are required to have a reasonable level of verbal and written skills.

Prerequisites

There are no prerequisite for this workshop.

Workshop Content

- Apply the MHFA Action Plan to relevant workplace scenarios
- Discuss and reflect on applying mental health first aid skills in your workplace
- Answer any questions from the eLearning modules.

Award Issued

A MHFA certificate of Completion will be awarded.

No statement of attainment is issued for this Training.

On completion of the course, participants are eligible to complete the MHFA Accreditation exam to be accredited as a Mental Health First Aider.

**THIS IS NON
ACCREDITED
TRAINING**

(No Statement
of Attainment will
be issued)

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