



## MENTAL HEALTH FIRST AID: ENGAGING LEADERS

Learn about Mental Health First Aid and how it can benefit your workplace.

### MENTAL HEALTH FIRST AID ENGAGING LEADERS

MHFA: Engaging Leaders will help leaders, decision makers and influencers understand the benefits that MHFA can offer in helping to create mentally healthy workplaces.

This course contains information about how leaders can support their employees who may be experiencing a mental health problem.

Information in this course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals in workplace wellbeing.



### WHAT IS THE FORMAT?

This is a 60 - 90 minute session, facilitated face-to-face or online.

### WHY ATTEND A COURSE?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

### WHAT WILL YOU LEARN?

An understanding of mental health problems in the workplace.

How to recognise the signs in an employee who may be developing a mental health problem.

How Mental Health First Aid can help in the workplace.

### WHO CAN ATTEND?

This course is best suited to leaders, decision makers, and influencers within organisations.

### HOW DO I SIGN UP?

Go to our website to view any upcoming courses. If organising a session for a group, send through an email or give us a call to discuss your needs.

Full range of courses available at: [www.pharuswellbeing.com.au](http://www.pharuswellbeing.com.au).

\*This course is not a therapy or a support group.