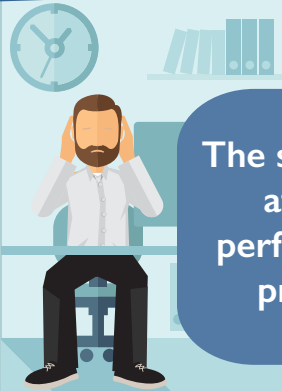
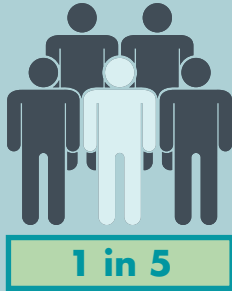


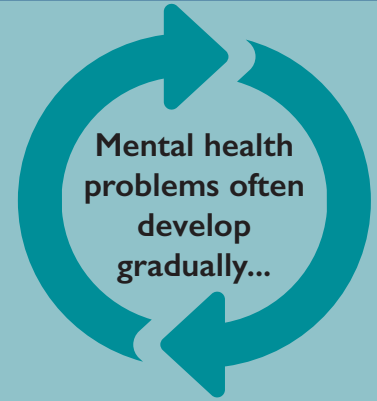
## Most workplaces have first aid officers but... Does your workplace have a Mental Health First Aid Officer?

Mental health  
problems  
are common  
in the  
workplace



The symptoms can  
affect work  
performance and  
productivity

Mental health  
problems often  
develop  
gradually...



The workplace is  
where the early  
signs and symptoms  
can first be noticed

Providing mental health first aid early  
can assist workers in returning to their  
usual performance quickly and avoid the  
problem worsening or a crisis emerging.

**\$2.3**

Australian workplaces can  
expect a return on investment  
of \$2.3 for every \$1 invested in  
mental health first aid training  
for staff.<sup>1</sup>

### Blended MHFA Course for the White-Collar Workplace

The course teaches managers, supervisors and individuals how to assist a co-worker who is developing a mental health problem or experiencing a mental health crisis. However course participants will learn mental health first aid skills that can be applied to help any adult. Course content is tailored to the white-collar workplace setting using case-studies, videos and resources tailored to their learning needs.

Course participants first complete the interactive self-paced eLearning component that presents an overview of mental health problems and mental health crises. The follow-on face-to-face training allows participants the opportunity to revise and consolidate skills in a group environment, and to address mental health problems in the workplace in more depth.

### What do course participants learn?

- How to recognise signs and symptoms of different mental health problems and crises in your employees and co-workers, including depression, anxiety problems, psychosis, substance use problems and suicidal thoughts and behaviours.
- Risk factors and appropriate evidence-based treatments and supports
- How to respond and offer appropriate support to employees and co-workers using the Mental Health First Aid Action Plan ALGEE.

1. *beyondblue and PWC. Creating a mentally healthy workplace: Return on investment analysis. Canberra, Australia: Australian Government National Health Commission. 2014.*