

# Mental Health First Aid



## Overview

Mental Health First Aid training equips employees and management with the skills to support mental wellness in the workplace. It focuses on increasing awareness, recognizing distress signals, and providing immediate support for mental health issues until professional help is available.



## How This Course Will Benefit You

In this course, you'll learn to recognize early signs of mental distress and employ effective strategies to support affected individuals. By fostering a culture of understanding and safety, you'll contribute significantly to reducing stigma and promoting well-being at work. This knowledge is not only vital for creating a supportive work environment but also enhances personal awareness and empathy, making it an invaluable asset in both professional and personal settings.

## Course Objectives

Equip participants with essential skills to support and promote mental health safety. This helps them to:

- Enhance understanding of mental wellness and its importance in the workplace.
- Identify risk factors, signs of mental health issues, and immediate response strategies.
- Foster a supportive environment that encourages open discussions about mental health.

## Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals