



Reduce Your Risk and Train Your Leaders in Mental Health First Aid

Do the leaders in your organisation know how to properly manage employees showing early signs of deteriorating mental health or a mental health crisis? Mentally healthy workplaces are critical to employee wellbeing. However, a poorly managed environment, discussion or event could significantly put your staff and organisation at significant risk.

The same risk applies in a year of significant organisational change, or where an employee is returning to work after an extended absence. Aside from the obvious personal distress including anxiety and depression,

your organisation's bottom line is affected through increased sick leave, turnover and poor work quality. However a positive return on investment of 2.3 is possible through implementing effective actions to create a mentally healthy workplace^{***}.

The right training in mental health first aid not only provides practical skills and tools for managers and staff to identify high risk situations, but creates a culture of awareness and demonstrates to staff you care about their wellbeing.

The 12-hour Mental Health First Aid course teaches employees how to offer initial support to colleagues developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.

In this evidence-based course (based on MHFA Guidelines), participants learn about the signs and symptoms of the common and disabling mental health problems, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

The training model consists of participants:

1. Attending a 2-day training course
2. Completing an online assessment
3. Awarded accredited certification

LOCATION

UFS Dispensaries Training Facility, 206 Armstrong St Nth, Ballarat (onsite training can be provided for organisations with minimum numbers).

TRAINING DATES

Course 1: Thursday 22 and Friday 23 March 2018

Course 2: Thursday 19 and Friday 20 April 2018

Limited places available (max 15 persons in each course).

Training Duration: 9.30am to 4.30pm each day

COST

\$250 per person includes course materials, lunch and refreshments.

FURTHER INFORMATION AND BOOKINGS

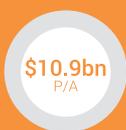
For further information or to make a booking, please contact Jodie Kennedy on 5327 7754, 0474 444011 or jodiekenedy@ufs.com.au.

*State of Workplace Health in Australia Report, Beyond Blue/ TNS

** Safe Work Australia.gov.au

*** Creating a Mentally Health Workplace, Price Waterhouse Coopers (funded by Beyond Blue and National Mental Health Commission).

Did you know?



Mental health conditions cost Australian Workplaces \$10.9 billion per year***



One in five Australian employees report taking time off work due to feeling mentally unwell in the past 12 months*



45% of Australians 16-85 experience a mental health condition at some point in their life**



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