

Mental health problems are common in the workplace. Employees struggling with mental health problems may find it difficult to maintain their usual levels of productivity. Mental health problems often develop slowly and 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.

But you may not have people in your workplace who would know how to offer help to a co-worker. Or perhaps your employees are unsure if it is appropriate to offer help or lack confidence to intervene once someone reaches a crisis. **Mental Health First Aid** training with **OzHelp Tasmania** can help.

**OzHelp Tasmania** is a not-for-profit Foundation working with organisations to prevent suicide by providing evidence-based, mental health and wellbeing training and services to develop and maintain resilient, resourceful and productive workforces.

**Mental Health First Aid** is facilitated by an accredited trainer and teaches adults (18 years and over) how to provide initial support to adults who are either developing a mental health problem or experiencing a mental health crisis. Course participants learn about the signs and symptoms of 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.

**MHFA** training differs from most programs in that it is focused on skills-based training and is more than just awareness-raising. The course teaches **WH&S Officers, HR Staff, Contact Officers, Managers, Team Leaders, Supervisors and individuals** how to assist a co-worker who is developing a mental health problem or experiencing a mental health crisis. The skills course participants will learn can be applied to help any adult.

Course Format: This is a 12 hour course delivered over 2 days.

Accreditation: Each participant is offered the opportunity to complete an online Accreditation Assessment in order to become an Accredited Mental Health First Aider, valid for 3 years.

Resources: A course manual is provided to each participant attending the course.

Course cost: \$250 per person (incl. GST)

*“I'd like to see that it is normal at any workplace that there is, on the notice board, the name of the first aid officer and then next to that the number of the mental health first aid officer”.*

Tim Marney, WA Mental Health Commissioner, Oct 2014.

***Ask us how your workers who have completed MHFA training can become Accredited Mental Health First Aid Officers for your workplace and how to have your workplace recognised as a Mental Health First Aid Skilled Workplace.***

Contact us on [admin@ozhelptasmania.org.au](mailto:admin@ozhelptasmania.org.au) or phone 03 6231 0919 or book online at [www.ozhelptasmania.org.au/enrol](http://www.ozhelptasmania.org.au/enrol)