



**MENTAL
HEALTH
FIRST AID**
Australia

Accredited Instructor

Mental Health Workshops

by Michelle McFadyen

Awareness Workshop

3 hours

This Mental Health Awareness workshop is developed for all staff and covers common mental health issues, the similarities between physical illness and mental illness and potential impacts at work, and possible interventions for depression and anxiety. In raising awareness of mental health, it enables the development of confidence in supporting colleagues with appropriate approaches and assisting work colleagues to get the right support.

What will you learn?

- Overview of the common mental health issues
- Understand the similarities between physical illness and mental illness and potential impacts at work
- Review and consider possible interventions for depression and anxiety
- Develop confidence in supporting colleagues
- How to assist a work colleague get the right support

Engaging Leaders

2.5 hours

The Engaging Leaders workshop will help leaders, decision makers and influencers understand the benefits that MHFA can offer in helping to create mentally healthy workplaces. This course engages leadership and contains information about how leaders can support their employees who may be experiencing a mental health problem.

- 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.

Toolbox Talk Training

2.5 hours

The Mental Health Matters Toolbox Talk Training was developed by Heads-Up to equip anyone managing staff with the confidence, skills, knowledge and resources to deliver three x 5-minute toolbox talks to their team. This training aims to encourage open conversations about mental health in the workplace, reduce stigma and support staff to experience wellness at work.

What will you learn?

- Overview of the common mental health issues
- A detailed look at anxiety and depression
- Develop confidence in supporting colleagues
- How to assist a work colleague get the right support
- How to confidently deliver 3 x 5-minute Toolbox Talks
- How to assist a work colleague get the right support
- How to confidently deliver 3 x 5-minute Toolbox Talks

The Trainer



Michelle McFadyen is an experienced trainer and presenter with an engaging presence and has over 25 years' experience presenting and working in both the public and private sectors in regional, rural and remote areas with a particular interest in delivering MHFA training to organisations and is a licenced practitioner to deliver MHFA training.