

Mental Health First Aid (MHFA) Training



rehab
MANAGEMENT
putting people first



What is it?

Mental Health First Aid (MHFA) is an internationally recognised training program that teaches people how to identify, understand and respond to someone experiencing a mental health problem or crisis. Like physical first aid, MHFA provides practical skills to support a person until appropriate professional help is available.

Who is it for?

MHFA is suitable for organisations of all sizes and industries. It is particularly valuable for:

- ▶ Leaders, managers and supervisors
- ▶ HR and People & Culture teams
- ▶ Health, safety and wellbeing professionals
- ▶ Frontline and customer-facing employees
- ▶ Teams working in high-pressure, remote or high-risk environments

What does it involve?

Delivered face-to-face by accredited facilitators, the course equips participants with the knowledge and confidence to:

- ▶ Recognise the signs and symptoms of common mental health conditions
- ▶ Respond to mental health crises and challenging situations
- ▶ Have supportive and effective conversations about mental health
- ▶ Encourage professional support and early intervention

Topics covered include depression, anxiety, psychosis, substance use, suicidal thoughts and behaviours, panic attacks, self-injury and responses to traumatic events.

What can you expect?

Participants attend a two-day interactive workshop that combines practical activities, real-world scenarios and evidence-based learning. Upon completion, participants receive a nationally recognised Mental Health First Aid accreditation.

When might you need this service?

MHFA training can support organisations that:

- ▶ Want to strengthen workplace wellbeing and psychological safety
- ▶ Have identified psychosocial hazards or mental health risks
- ▶ Are experiencing workplace change, increased stress or workforce challenges
- ▶ Want to improve managers' confidence in supporting employees
- ▶ Are committed to creating a mentally healthy workplace culture

Benefits

- ✓ Builds mental health awareness and literacy
- ✓ Supports early identification and intervention
- ✓ Increases confidence to respond to mental health concerns
- ✓ Helps reduce stigma and encourage open conversations
- ✓ Strengthens workplace wellbeing and employee engagement
- ✓ Demonstrates a commitment to staff health and safety
- ✓ Provides employees with a valuable, recognised qualifications



Rehab Management services supporting your employee journey

1300 762 989

 rehabmanagement.com.au