

# Mental Health First Aid Quarterly Calls

## Call Overview

Mental Health First Aiders provide both support and a critical role in early intervention for employees that are developing a mental health problem or becoming unwell. As a community of support within the organisation we recognise on-going coaching, education and learning is vital for their self-care and ongoing professional development.

### What is a quarterly call?

Each Mental Health First Aid Quarterly call is scheduled every three months; typically we provide two sessions in consecutive days, for example on two weekend days; between 10 am to 11.30 am. Each call is designed based on the needs of the group through consultation, and integration of existing Mental Health and Well-being supports. Application and learning are achieved through analysing case studies to further develop skills in observations, approach and strategies for helping.

### Key outcomes and Participant take-aways include:

- Improved confidence and skill acquisition when dealing with mental health problems in the workplace
- A greater awareness of mental health, and reduced stigma about mental illness
- Better promotion of good mental health and wellbeing in the workplace
- An understanding of how to integrate mental health and wellbeing into your existing safety leadership frameworks.
- Techniques and tips around self-care, and routines to protect against stress and burnout.

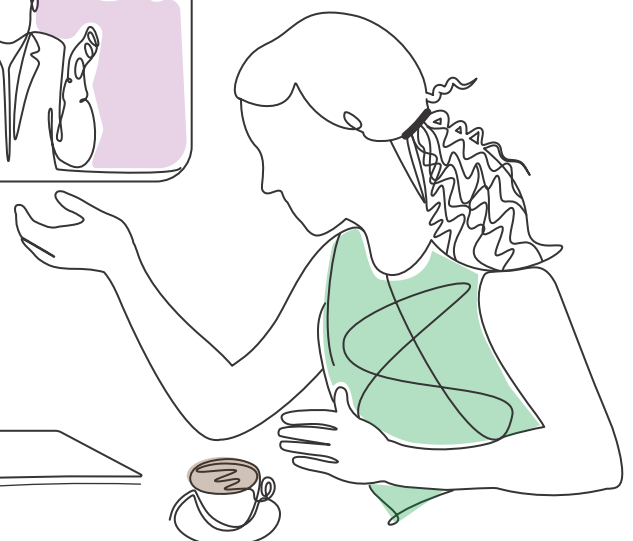
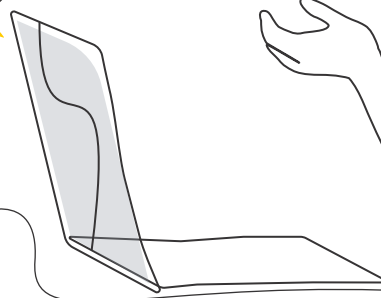
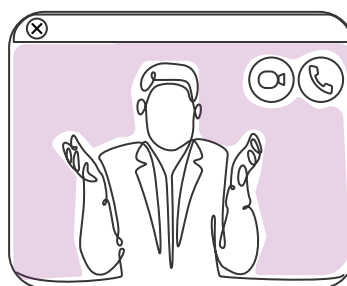
### Who should attend this course?

Accredited Mental Health First Aiders.

### Course Information

**Length:** 60- 90 minutes per session

**Delivery:** On-line session scheduled  
4 times a year or as needed.



### For more information

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