

Mental Health in Practice

Why 'Mental Health in Practice'

Mental Health First Aid (MHFA) equips individuals and organisations with the technical skills to provide initial help and support in crisis; however, discussing and practicing these skills in relation to signs and symptoms may not be frequent. This infrequent use may see skills or knowledge not being maintained and may result in reduced confidence or ability. To solve this, HSE Global has designed Mental Health in Practice that focuses on reinforcing, embedding, and practicing mental health conversations in a safe, relevant, and consistent way specific to your organisation.

Mental Health in Practice Program

Mental Health in Practice is a 12-month program focused on reinforcing, embedding and optimising mental health interactions. The session uses relevant scenarios provided by your organisation, combined with open discussion and practical coaching, to ensure individuals are equipped and confident in the skills needed to hold effective mental health conversations.

Key Topics Covered:

The program and content are customised to the specific challenges faced by your organisations and participant experiences and covers:

- Review and reinforce MHFA concepts.
- Organisation specific scenarios
- Discussion on and management of current company issues and mental health conversations

Program duration:

Participants meet once a quarter over 12 months. Each session is 1.5 hours to revisit and practice mental health concepts and interactions such as those learned in the MHFA course and apply them to real-life issues that participants are encountering within the workplace.



Delivery Methods:



Face to Face: 1.5 hours face to face facilitated programme, run quarterly - a minimum of 6 and maximum 20 participants.



Online: 1.5 hours virtual facilitated programme via video conference, run quarterly. A minimum of 6 and a maximum of 12 participants.

Key outcomes from the session include:

- Improved confidence
- Ongoing peer networking and support
- Encouragement and skills when dealing with specific mental health problems in the workplace
- Sharing experience and knowledge of current workplace interactions and how to manage

Key Requirement:

Participants must be certified in Mental Health First Aid and/or undertaken other relevant mental health training.



For more information:

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