



MENTAL HEALTH **FIRST AID**

ACCREDITED 2-DAY COURSE
FOR YOUR WORKFORCE

“The Mental Health First Aid course was very informative and thorough. It covered a lot of needed material required to fully understand the headspace of people with different types of mental illness and how to assist them without judgement.”

- Jack, ESS Support Services





"Not only is Simon so knowledgeable in his field of expertise, but also passionate in creating a better future for people who struggle with their mental health. His truly inspiring presentation encouraged everyone to participate and strive to support students, colleagues, friends and family. I believe Simon is an excellent instructor, and I strongly encourage other North Metro TAFE staff members to participate in this amazing opportunity."

Josie, North Metropolitan TAFE



DID YOU KNOW...

The Productivity Commission estimates that mental illness and suicide cost the Australian economy up to \$70 billion per year?

Workplace stress is estimated to cost the Australian economy \$14.81 billion annually, with \$10.11 billion directly attributable to absenteeism and presenteeism?

Mental health-related compensation claims cost \$146 million annually?

Around 45% of Australians will experience a mental health condition in their lifetime?

Mental Health First Aid (MHFA) in the workplace:

- + helps management identify where mental illness is a challenge for staff**
- + gives employees the knowledge, practical skills and confidence to support co-workers and guide them to professional help**
- + offers a training that is complementary with current Employee Assistance Programs (EAP)**
- + provides the opportunity for the organisation to become a nationally recognised leader in their industry via the MHFA 'Skilled Workplace' program.**
- + encourages the appointment of MHFA officers**



Staff will:

- + recognise signs and symptoms of common mental health illnesses**
- + learn how to approach, listen and communicate with people confidently and appropriately, especially in a mental health crisis**
- + gain the knowledge to break down stigma that prevents people from seeking professional help**
- + learn from an instructor who will share with you his valuable lived experience**

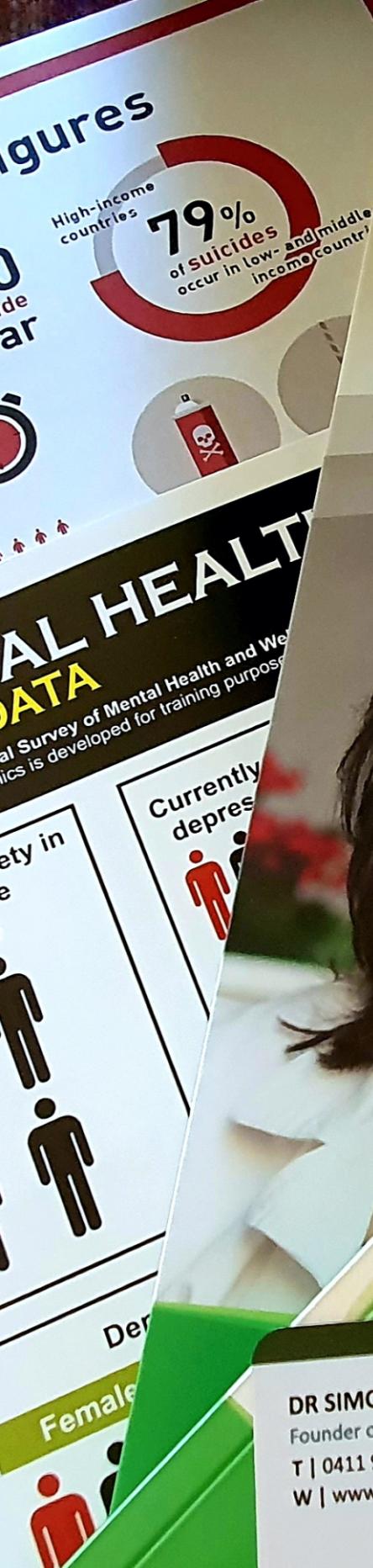


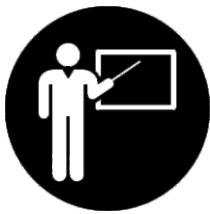
All participants will receive a **Standard Mental Health First Aid Manual** and a **Certificate of Completion** at the end of the 2-day course.

You also have the opportunity to complete an online **Accreditation Assessment** in order to become an **Accredited Mental Health First Aider** for 3 years.

This course may contribute towards **Continuing Professional Development (CPD)** points where applicable.

Mental Health First Aid Australia is the author of this training program.





Course details

- + Duration:** 12 hours over 2 consecutive days, or 2 days over 2 weeks.
- + Time:** 9am to 4pm (with one-hour lunch and breaks)
- + Cost per workplace:** \$3500.00 (GST not applicable)
Inclusive of Learner's Access Pass to the MHFA Portal.
- + Participant numbers:**
Minimum 6, maximum 15
- + Location:** At your workplace
(Travel & accommodation costs are additional for regional travel)



Mental Health First Aid Skilled Workplace Program

The Mental Health First Aid (MHFA) Skilled Workplace Program recognises workplaces for their commitment to MHFA training.

It is MHFA Australia's way of celebrating organisations across Australia who:

- +** invest in developing mental health first aid skills in their people
- +** show a strong commitment to embedding the program into their organisation's culture - through actions like senior leadership support, relevant policies, supporting MHFA Officers and continuous improvement.

Visit the MHFA Skilled Workplace Program link [here](#) for more information.



Welcome to
MENTAL HEALTH FIRST AID COURSE
FOURTH EDITION
Created by Dr Simon H Yam PhD (Founder of BROS)

© Mental Health First

Your instructor

-  **Dr Simon Yam PhD** is a Licensed MHFA Instructor. He also delivers Men's Mental Health and Suicide Prevention Training, and is a professional counsellor.
-  Simon is the Founding Director of BROS GLOBAL, a worldwide service for men's mental health support, suicide prevention and personal development.
-  BROS GLOBAL is a proud member of
 - Suicide Prevention Australia
 - Australian Men's Health Forum
 - National LGBTI Health Alliance
 - WA Association of Mental Health
 - Consumers of Mental Health WA



This was one of, if not, the best PD I have undertaken whilst employed at NMTAFE over the last 14 years. I am personally dealing with staff and students regularly who are suffering from a mental health condition. I feel more confident with the skills I have learnt that I can handle situations that may arise effectively and can show leadership in this area to my staff. The material although heavy at times was so beneficial.

Simon facilitated activities and discussion in a clear and effective manner, we could easily ask him questions. He also shared a lot of his experiences with us, which will help us better understand mental health challenges.

Simon was a very engaging and knowledgeable instructor. He held a safe space for everyone to share their experiences and answer/ask questions even if we weren't sure we were giving the right answers. He was also willing to share his own experiences, both personal and of friends/family, in order to help us better understand.

Staff from North Metropolitan TAFE



“Simon was respectful, motivational, well versed, and thorough in all aspects of this training seminar. He inspired confidence and inspired the group to go forth and tackle issues of the future they may encounter in both work and personal lives...Probably one of the best trainers I have had the pleasure of witnessing over many, many years.”

Raymond, The Esplanade Hotel Port Hedland

“Very informative. It changed my view on mental health.”

Walter, ESS Support Services

“Informative, sometimes confronting, this is valuable to my superiors and me.”

Anthony, Pit N Portal Mining Services

“Simon provided a very energetic training program and was highly knowledgeable on all topics discussed. The training was worthwhile and I would recommend for all supervisory and management staff.”

- Riccardo, ESS Support Services



**Contact Simon today
to discuss how the course
can be tailored for your
workplace.**

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Visit the website for more
information:
www.bros.global/mhfa



MENTAL HEALTH
FIRST AID®

Australia

Licensed Instructor