

Build Mental Health Knowledge for Your Team to **IDENTIFY - UNDERSTAND - RESPOND** to Mental Health Problems at Early Stages.



Educating Public
on Mental Health

Poor Mental Health of Staff costs money to the company!

— Workplace —



What is mental health first aid?

- As the name says, it is the first aid given for mental health problems.
- It is the help provided to a person developing a mental health problem, experiencing a worsening of an existing mental health problem or is in a mental health crisis.



Why MHFA training is important at workplace?

- Mental health problems are common in the workplaces and the symptoms can affect performance output. There is significant economic loss in business due to this (WHO).
- While some can manage it themselves, others might need short-term or ongoing workplace support.
- Timely support can result in improved performance of the staff, and better retention of employees.



Who at the workplaces is eligible for this training?

- The programme is designed to be learnt without any restrictions. It can be taken by any individual over 18 years of age.
- All the line managers and HR managers are encouraged to take up the training as they can properly identify staff members who need to be helped.



How do organizations benefit from this training?

- It brings an appropriate knowledge of mental health among staff, demystifying myths and wrong beliefs.
- Helps in building a first line support system.
- Enables early identification of mental health problems.
- Motivates early help seeking behaviour.
- Leads to a positive workplace by improving the work culture, increasing the cohesion, and engagement among employees.
- Improves the attitudes, skills and professionalism among the staff.



How many staff can be trained in one session?

- A minimum of 15 and a maximum of 20 people can be accommodated in every training session to maintain the quality of the session.



What is the duration of the training?

- Each training session is 12 hours long, conducted over 2 days. It can be delivered on consecutive days or on two separate days within a week.



What happens after the training sessions?

- The trained staff can take the online test to become an accredited MHFAider which is valid for 3 years.
- It attests to the knowledge and skills attained through the training.
- The accredited MHFAider is eligible to be appointed as Mental Health First Aid Officer at the workplace.



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