

# Workplace Mental Health & Wellbeing Programs

## Workplace Mental Health First Aid Training

Designed for increased flexibility, our Workplace Mental Health First Aid training is delivered in a blended mode: a combination of eLearning (online) and an instructor-led session (face-to-face or online options available).

### 1. eLearning (5-7hours)

Course participants first complete the interactive, self-paced eLearning component where they will learn about the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help and how to provide mental health first aid in a crisis situation using a practical, evidence-based action plan.

### 2. Instructor-led sessions (half day, in person or 2 x 2.5hour Zoom sessions)

The follow on instructor-led sessions, allow participants the opportunity to revise and consolidate knowledge and skills in a group environment, and to apply their skills to specific workplace scenarios.

#### These sessions will provide participants with the opportunity to

- Examine issues pertinent to mental health problems in the workplace in more depth
- Clarify any points of uncertainty remaining after completion of the eLearning modules
- Apply the MHFA Action Plan to relevant workplace scenarios
- Discuss and reflect 'a where to from now' in using mental health first aid skills in the workplace.

Please note: at the completion of the course, all participants will have the opportunity to attain a 3 year accreditation as a Mental Health First Aider with MHFA Australia.

## Mental Health First Aid: Engaging Leaders Training

Our 90-minute session, intended for Senior Leaders and Managers, will provide a space to discuss the challenges and opportunities of managing mental health problems, and how MHFA can help create mentally healthy workplaces.

#### What will you learn?

- An understanding of mental health problems in the workplace
- How to recognise the signs in an employee who may be developing a mental health problem
- How Mental Health First Aid can help in the workplace.

Please note: This course does not lead to a Mental Health First Aid accreditation.

*"Kim was a fantastic facilitator of our face-to-face training. She is very engaging, made all participants feel comfortable and we were able to actively interact throughout the sessions. I really found this component brought everything together and helped us to practice what we had completed online"*

**LifeHealthcare**

*"Great training opportunity that ultimately leads to learning not only better ways to work with and assist others, but the opportunity to help address the stigma associated with mental health"*

**Phocas Software**

# About

## The Wellbeing Affect

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The Wellbeing Affect delivers high quality mental health training and individualised, strategic support in the workplace. Our aim with everything that we do, is for our clients to take away more than new skills and knowledge – they leave us changed and inspired.

Having the right wellbeing company to deliver training and strategic support for your team is crucial to how your staff will engage with it and get the most from it. We know the evidence – external consultants need to be adaptable, competent, have great interpersonal skills and be able to stimulate and entertain - at the same time as being incredibly knowledgeable, flexible, empathic and fun! It's a lot to ask, but it is central to our success.

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### Our Personal Touch

To truly deliver great training and workshops, we seek to understand the individual needs of each of our clients. As such, we spend time with you, to appreciate what your goals are, so that the experience is effective and engaging for your team. This includes using relevant case studies, ensuring cultural sensitivity, taking into consideration the background and knowledge of your team and business, and linking your staff to available resources and current procedures in your workplace, such as EAPs.



### Our People

We say we hire only the best – but what does that mean? Our team are qualified mental health professionals with diverse backgrounds in Corporate Mental Health. We attract experienced and engaging individuals so that your team have an experience that is second to none



### Our Passion

The simple reason we are so good at what we do, is because we are incredibly passionate about mental health, wellbeing and upskilling and inspiring others to feel confident in this space. We imagine a world where everyone has the skills and confidence to support those who need it.

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