



Mental Health First Aid Training in the Workplace



Reflection from Professional Staff perspective [in RIC]

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ACKNOWLEDGEMENT OF COUNTRY



In the spirit of reconciliation, we acknowledge the Traditional Custodians of the land we are meeting on today: Wurundjeri Woi-wurrung and Bunurong peoples of the Kulin Nation.

We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples here today.

In this session we will...



Reflect on our
experience



Explore the benefits of
MHFA



Show you how to
become a MHFAider

Trigger warning

- Today we are going to discuss mental illness, mental health first aid and suicide prevention.
- We understand that these topics can be emotionally challenging and triggering for our audience.
- Please engage in self-care if this presentation brings anything to the forefront for you.
- There are many support services available which we will detail at the end of the presentation.

Our Experience

- September 2022
- 15 Professional Staff members nominated
- 2-day course
- Accreditation assessment
- Appointed Mental Health First Aiders



Key takeaways



Program highlights that mental illness is prevalent, but commonly misunderstood.



The most recent National Survey of Mental Health and Wellbeing found that 1 in 5 (20%) had a common mental illness at some time during the last 12 months. This equates to 3.2 million people.

Key takeaways



Mental Health First Aiders can assist to ensure immediate safety and wellbeing, then refer to professional services



It's important to care for ourselves when helping others

Impactful moments

- Videos where people discussed their firsthand experience of mental illness
- Powerful hearing directly from people about difficulties they have faced
- Our course run by a paramedic who could also offer firsthand experience of assisting people



Helen's most memorable moment

Discussing suicide prevention

Finding the words that I would use if I have that conversation

Practising the words out loud



Anne's most memorable moment



Role plays where participants took turns to practise assisting in different scenarios

Learnt a lot from both being part of the role play and watching others

After the course

Presentation to all RIC staff at Townhall meeting
(approx. 250 staff members)

Intranet site

MHFAider contact posters



Mental Health First Aid Program

Information for staff about the RIC Mental Health First Aid program



RIC, along with Legal & Risk, have a team of staff who have been trained as Mental Health First Aiders. These staff have been trained to recognise the signs and symptoms of mental health problems and have learnt an action plan approach to be equipped with the skills to help. These staff are here to support you and guide you towards professional resources.

**You can be a Mental
Health First Aider too**

Benefits for you

- Develop a better understanding of mental health
- Grow your confidence to help others
- Better understand yourself, family, friends and colleagues
- Learn how to react in crisis situations



Benefits for your workplace

Support

Support your staff and upskill them to support each other

Promote

Promote mental wellbeing in your office

Equip

Equip your managers with vital skills to manage their teams

Create

Create a community of skilled and empathic people

Here's how to sign up

- Follow the QR code to the sign-up page
- If you have multiple staff members in your area wanting to complete the course, ask about an additional session
- It is free for staff to complete the course



Support services - UoM

- Employee Assistance Program - 1800 808 374
- Counselling and Psychological Services (CAPS)
- Mental Health First Aiders



Support services



Talk to your doctor – referral
for 10 free sessions
counselling sessions



Talk to your family
or friends



Lifeline – 13 11 14

Online resources

