

Exploring the Role of Mental Health First Aid Officers in Workplaces

You are invited to participate in this study, which is being conducted by Ms Bovopoulos (PhD Candidate, natalyb@student.unimelb.edu.au), Professor Jorm (ajorm@unimelb.edu.au), Professor LaMontagne (tony.lamontagne@deakin.edu.au) and A/Professor Martin (angela.martin@utas.edu.au), at the University of Melbourne, Deakin University and University of Tasmania.

What is the project about?

The aim of the study is to explore how Mental Health First Aid Officers are selected and supported in their organisation, how they fit into an overall strategy on workplace mental health and the benefits and challenges workplaces have experienced with the role to date. It is hoped that the research will result in recommendations for other workplaces when appointing Mental Health First Aid Officers.

How the study is being conducted

Participants will be asked to provide an hour of their time to participate in an interview with the researcher at a time and place that is most convenient for them. The interview questions will be provided to participants prior to the interview. With their permission, the researcher will digitally record the interview and email the participant a copy of the transcript for review and approval. We would also like to collect any relevant policy or strategy documents your organisation is willing to share that will provide context to the information gathered during the interview process.

Who we are looking for

We are seeking the involvement of participants from organisations or worksites that have a current Mental Health First Aid Officer appointed for at least 6 months. The project aims to interview multiple individuals within each organisation in order to gain insights from different staff involved in the implementation of Mental Health First Aid Officers.

Possible benefits

The study will help improve our understanding of the role of a Mental Health First Aid Officer in the workplace and how it compliments other relevant strategies in the workplace. We hope to formulate recommendations for organisations that may be considering the appointment of Mental Health First Aid Officers.

Possible risks

As mentioned previously, all information gained during the research process will remain confidential. Names of participants and their organisations will not be disclosed in reports on the findings of the research, however there is a small possibility that the identity of your organisation may be determined by linking the general information provided in the research to information that your organisation has made available to the public domain. If you are concerned that your organisation could be identified in the research, you may request a review copy of the researcher's written case description of your organisation and determine that it has not inadvertently reported any undesirable details.

The project aims to interview multiple individuals from the same organisation. The researcher will not confirm any individual's participation with other members of their organisation, however in small organisations it may be possible for other organisational members to discern your participation. If this is of concern, the interview can take place outside of your organisation.

If you feel distressed during the interview, let the interviewer know. You can choose not to answer any questions or participate in any part of the project that makes you feel uncomfortable. You may suspend or end your participation at any time should distress occur. If you find after the interview that you are experiencing discomfort or distress, please

email Nataly at natalyb@student.unimelb.edu.au if you feel that you need to talk to someone about how you are feeling. She will be able to listen carefully to your concerns, direct you to additional professional resources and follow up with you to ensure your distress has not continued, however, she will not provide you with professional counselling. You can also seek support from your own support networks (including family, friends or health professionals) and visit beyondblue's website (www.beyondblue.org.au) for further information related to depression or anxiety. Should you require immediate assistance, please telephone Lifeline on 13 11 14.

Participation is voluntary

Participation in this project is voluntary. If you change your mind about participating, you are free to withdraw from the project at any time and you may also withdraw your data if you wish by contacting the researcher Nataly Bovopoulos at the details provided below.

Your privacy

Any data we collect from you will be held under password protection and not shared with others. We will only present the results in summary form and quote comments that have been de-identified. Names of participants and their organisations will not be disclosed in reports of the research findings. The data will be kept for a minimum of five years before being destroyed, but during that time none of your information will be identifiable or be able to be traced back to you. Audio recordings of interviews will be transcribed and destroyed once verification of the transcripts has been completed.

How will the results of the study be published?

A summary of the findings will be emailed to participants. The findings of this research will be presented at workplace mental health themed conferences, and published in relevant scholarly journals. Participants and their organisations will not be named in publications of the results.

If you are interested in participating or require further information

If you would like further information before deciding to participate, or if you are interested in participating, please contact Nataly Bovopoulos (natalyb@student.unimelb.edu.au, 0412 205 860).

Researcher Affiliations

Professor Jorm is also the co-creator of the Mental Health First Aid program and chair of the board of Mental Health First Aid Australia. Nataly Bovopoulos is the Deputy CEO of Mental Health First Aid Australia. While it is possible that the results of this research will be of interest and benefit to the Mental Health First Aid program, the study is intended to benefit to both the research and wider communities and neither the interview nor the study's results will be focused specifically on the Mental Health First Aid program.

If you have concerns about the project

If you have concerns about the *scientific aspects of the study*, please contact Professor Tony Jorm (ajorm@unimelb.edu.au, 03 9035 7799)

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Office for Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Fax: +61 3 9347 6739 or Email: HumanEthics-complaints@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project.