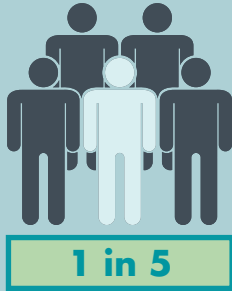


Most workplaces have first aid officers but... Does your workplace have a Mental Health First Aid Officer?

Mental health
problems
are common
in the
workplace



The symptoms can
affect work
performance and
productivity

Mental health
problems often
develop
gradually...



The workplace is
where the early
signs and symptoms
can first be noticed

Providing mental health first aid early
can assist workers in returning to their
usual performance quickly and avoid the
problem worsening or a crisis emerging.

\$2.3

Australian workplaces can
expect a return on investment
of \$2.3 for every \$1 invested in
mental health first aid training
for staff.¹

eLearning MHFA Course for Legal Professionals

This eLearning course has been tailored for legal professionals in how to assist a co-worker who is developing a mental health problem or experiencing a mental health crisis. Course participants will learn mental health first aid skills that can be applied to help any adult. Course content is tailored specifically for the legal setting using case-studies, videos and resources tailored to their learning needs.

What do course participants learn?

- How to recognise signs and symptoms of different mental health problems and crises in your employees and co-workers, including depression, anxiety problems, eating disorders, psychosis, substance use problems and suicidal thoughts and behaviours.
- Risk factors and appropriate evidence-based treatments and supports
- How to respond and offer appropriate support to employees and co-workers using the Mental Health First Aid Action Plan ALGEE.

1. beyondblue and PWC. *Creating a mentally healthy workplace: Return on investment analysis*. Canberra, Australia: Australian Government National Health Commission. 2014.