

Mental Health in Practice

Why 'Mental Health in Practice'

Mental Health First Aid and other mental health programs equip individuals and organisations with the technical skills to provide initial help and support in crisis; however, discussing and practising these skills and interactions in relation to particular signs and symptoms may not be frequent. This lack of application of skills may see skills or knowledge not being maintained and will undoubtedly result in a lack of confidence or ability. To solve this gap, HSE Global has designed Mental Health in Practice, focused on reinforcing, embedding, and practising mental health interactions in a safe, relevant and consistent way specific to your organisation.

Mental Health in Practice Program

Mental Health in Practice is a 12-month program focused on reinforcing, embedding and optimising mental health interactions. The session uses relevant scenarios provided by your organisation, combined with practical role-playing and coaching, to ensure individuals are equipped and confident in the skills needed to hold effective mental health interactions.

Key Topics Covered:

The programme and content are customised to the specific challenges faced by your organisations and participant experiences and covers:

- Review and reinforce MHFA concepts.
- Organisation specific scenarios and role plays
- Discussion on and management of current company issues and mental health interactions

Program duration:

Participants meet once a quarter over 12 months. Each session is 1.5 hours to revisit and practice mental health concepts and interactions such as those learned in the MHFA course and apply them to real-life issues that participants are encountering within the workplace.

Delivery Methods:



Face to Face: 1.5 hours face to face facilitated programme, run quarterly - a minimum of 6 and maximum 20 participants.



Online: 1.5 hours virtual facilitated programme via video conference, run quarterly. A minimum of 6 and a maximum of 12 participants.

Key outcomes from the session include:

- Improved confidence
- Ongoing peer networking and support
- Encouragement and skills when dealing with specific mental health problems in the workplace
- Sharing experience and knowledge of current workplace interactions and how to manage

Key Requirement:

Participants must be certified in Mental Health First Aid and/or undertaken other relevant mental health training.

For more information:

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