Psychological First Aid Training in the Workplace for Leaders

Team leaders and managers have an important role to play in mental health at work. Leaders are often well placed to notice changes in a team member's mental health, can put into place workplace supports, and can help direct the team member towards external supports. In order to do this well, leaders need to be knowledgeable about, and skilful at, spotting and responding to signs of distress within their team. Our training prepares your leaders to do this effectively.

These sessions are of greatest value when leaders can take the time to discuss ideas, learn from one another's experiences, ask questions and apply the information and ideas to their team and workplace. Time for this

discussion and idea sharing are built into our workshops, with our longer workshops allowing greater time for deeper discussion and adapting to the leaders in the room.

Our shorter sessions (90-minutes) are designed to introduce the topics around mental health and mental illness in the workplace and get leaders thinking about what it means for your environment.

Our workshops are delivered by experienced psychologists who are highly skilled at working with, and delivering to, diverse groups to maximise their learning.

Mental Health in the Workplace for Leaders	Intro 90-mins in-person or online	Half-day (4-hours) in-person or online 12pax attendees	One-day (8-hours) in-person only 12pax attendees	Two-day (16-hours) in-person only 12pax	E-learning modules (4-5 hours to complete)
Understand why mental health in the workplace is important and the role of leaders in fostering a safe and supportive workplace culture	X	X	X	X	X
Know the legal obligations of leaders in managing mental health at work			X	X	X
Learn our best practice model for managing workplace mental health, including proactive and reactive mental health support				X	
Understand the difference between mental health and mental illness	X	X	X	X	X
Understand the role of stigma and barriers to talking about mental health in the workplace			X	X	X

Mental Health in the Workplace for Leaders	Intro 90-mins in-person or online	Half-day (4-hours) in-person or online 12pax attendees	One-day (8-hours) in-person only 12pax attendees	Two-day (16-hours) in-person only 12pax	E-learning modules (4-5 hours to complete)
Learn skills to proactively build a culture which supports mental health and wellbeing in your team				X	
Learn how to recognise and spot signs of stress and distress in yourself and in your team members	X	X	X	X	X
Learn skills to safely and effectively talk with team members you are concerned about	X	X	X	X	X
Problem solve tricky situations where the conversation goes off track		X	X	X	X
Learn how you can support someone you are concerned might be at risk of harming themselves			X	X	X
Know about common workplace interventions to support your team members and where to get help			X	X	X
Learn how to increase the effectiveness of common workplace interventions for mental health				X	
Apply the skills you've learned using case studies and practical exercises		X	X	X	X
Recognise the importance of self-care, strengthening your wellbeing, and maintaining your own mental health				X	X
Psychologist facilitated group discussion		X	X	X	*Optional*