

Psychological First Aid Training in the Workplace for Team Members

Our workshops for all team members equip your people to better understand mental health and mental illness, to reduce stigma and increase helpful and supportive conversations about mental health in your workplace.

Our shorter introductory training (90-minutes) is intended to start idea sharing and discussion within your team about these topics, while our longer workshops

(half or full-day) create lots of opportunity for discussion, question asking, and adapting the content to fit your people and your workplace.

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

Psychological First Aid Training in the Workplace for Team Members	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
Understand why mental health in the workplace is important, and how everyone in the organisation has a role to play in creating a safe and supportive culture	X	X	X
Understand the difference between mental health and mental illness	X	X	X
Recognise the role of stigma and barriers to talking about mental health in the workplace		X	X
How to spot signs of stress and distress in yourself and others	X	X	X
Learn skills to safely and effectively talk with people you are concerned about		X	X
Apply the skills you've learned using case studies and practical exercises			X
Know where to get help	X	X	X
Learn how you can support someone you are concerned might be at risk of harming themselves			X
Strengthen your own wellbeing and ability to recover from stress		X	X
Psychologist facilitated group discussion		X	X