

Workplace Mental Health and First Aid



Mental Health in the workplace is often overlooked or misunderstood.

Forsythes
Training

Join us for a two day workshop on Mental Health First Aid

Caddie Marshall will provide information on how you can best support your organisation.

Learn how to make tangible differences to help people deal with mental health issues within and outside the workplace.

Mental Health First Aid (MHFA) - Learn about MHFA its benefits to individuals and organisations including:

Obligations under Workplace Safety Legislation - With mental illness costing Australian business \$11 billion per annum in lost productivity and compensation, it is imperative that employers, managers and supervisors have a sound understanding of mental health relative to the workplace. Learn how to reduce risk and therefore reduce liability.

Risk Management - Identify risks to help managers and peers provide extra support for staff at times of increased risk.

Awareness of Signs & Symptoms - Understanding the signs and symptoms of mental illnesses also reduces ignorance and stigma and promotes a compassionate, empathetic workplace environment.

Promotion of 'Help Seeking' Behaviour - Identify common barriers with the intent of breaking them down and promoting a workplace culture that promotes, encourages and supports early help seeking behaviour.

22nd and 23rd October 2020

9am start

Green Room

4 Mitchell Street, Merewether

Please call Forsythes Training on
0249220122 to enroll or
email Julie Carroll on
jcarroll@forysthesttraining.com.au



Presenter - Caddie Marshall

Caddie has conducted the award-winning Mental Health First Aid (MHFA) Program in NSW, VIC, WA and QLD for over 11 years.

She has lectured into postgraduate and undergraduate programs in Business and Nursing including Coordinator of the Mental Health Literacy and MHFA program at the University of Newcastle.

As a Registered Mental Health Nurse Caddie brings experience and context to the program delivery and enjoys an "edutainment" approach to learning.