

WHY MENTAL HEALTH FIRST AID MATTERS

TWC

Investing in MHFA training can lead to long-term cost savings by reducing healthcare expenses, minimising turnover costs, and avoiding productivity losses associated with mental health issues.

- **Improves Employee Well-being:** Equip your team with the skills to support mental health, reduce stress and improve morale.
- **Boosts Productivity:** A mentally healthy workplace leads to higher productivity and reduced absenteeism.
- **Enhances Company Reputation:** Show that your company cares about employee well-being, attracting top talent.



MHFA training with

THOMAS WALKER

Coach & Facilitator



Comprehensive Face-to-Face Standard Mental Health First Aid: Interactive sessions designed to help employees recognise and respond to mental health issues.

2 x 6-hour sessions over 2 days

Contact Us:



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Implementing Mental Health First Aid (MHFA) training in companies offers numerous benefits, which can positively impact both employees and the organisation as a whole. Here are some key advantages:

Increased Awareness and Understanding:

- Employees gain a better understanding of mental health issues, reducing stigma and encouraging open conversations about mental health.

Early Identification and Intervention:

- Trained staff can identify early signs of mental health issues and provide initial support, potentially preventing problems from escalating.

Improved Employee Well-being:

- Supporting mental health can lead to improved overall well-being, job satisfaction, and morale among employees.

Enhanced Productivity and Performance:

- Addressing mental health issues can reduce absenteeism and presenteeism (working while unwell), leading to higher productivity and better job performance.

Positive Workplace Culture:

- Promoting mental health awareness fosters a supportive and inclusive workplace environment, which can enhance team cohesion and employee loyalty.

Reduced Workplace Conflicts:

- Understanding mental health can lead to better communication and empathy among employees, reducing conflicts and improving workplace relationships.

Compliance with Legal and Ethical Standards:

- Companies that prioritise mental health are more likely to comply with occupational health and safety regulations, and demonstrate a commitment to employee well-being.

Attraction and Retention of Talent:

- Companies that invest in mental health training are often seen as desirable employers, helping to attract and retain top talent.

"One of the most engaging and informative learning opportunities I've ever had. Opportunities to use the skills learnt were common and relevant. MHFA

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