

MHFA Awareness Outline for Participants

Morning Session

Introductions and gentle ice breaker.

Expectations: In small groups discuss and share expectations from the day, then with the whole group. Trainer to address and manage expectations.

What is Mental Health? Free flow exercise untapping what we automatically think of when we hear OR read the words: 'Mental Health'. Trainer to facilitate discussion re preconceptions, misconceptions and stigma.

Introduce the 'mental health continuum'.

Common Mental Health Issues: Learn the signs and symptoms of common mental health conditions, debunking myths along the way and including video testimonials of lived experience and examples of positive portrayals.

How to apply Mental Health First Aid: Introducing the MHFA acronym ALGEE:

- Approach
- Listen and communicate non-judgementally
- Give support and information
- Encourage the person to get help
- Encourage other supports

Afternoon Session

Owning it – what is YOUR role in the workplace – how can YOU help? Trainer to facilitate discussion and capture outcomes re taking responsibility as individuals and as an organisation.

Introducing FLIP it Thinking for Resilience

Focus

Language

Imagination

Pattern-Breaking

Trainer takes the group through each part of the FLIP it process using upbeat interactive exercises to illustrate how effective and immediate FLIP it thinking can be – our proven accessible Laughology toolkit that uses psychology and humour to help people cope in the moment and develop resilience.

Review

Review the day's learning and make commitment to practice using the STOP / START / CONTINUE method.

Close