

MENTAL HEALTH FIRST AID

BROUGHT TO YOU BY LIFEWATCH EAP, A DIVISION OF GATEWAY HEALTHCARE



A MENTAL HEALTH-FRIENDLY WORKPLACE MAKES GOOD BUSINESS SENSE

Mental Health First Aid, a 12-hour course developed in Australia, is an initiative designed to educate individuals about the symptoms and treatments associated with common mental illnesses. In giving individuals simple tools for assisting someone they encounter who is experiencing a mental health crisis, the course is being seen worldwide as a powerful method for destigmatizing mental illness and improving mental health literacy in the general population.



Benefits of Mental Health First Aid for your Business

- Positively affect your bottom line with higher productivity, reduced absenteeism and more motivated employees
- Better employee retention and loyalty
- Improved workplace relations
- Diversity acceptance and respect in the workplace
- A greater understanding of mental illness
- Skills and confidence to talk to a colleague about mental illness
- Information and strategies on how to support people with mental illness in the workplace



You will learn to:

- A**ssess risk of suicide or harm
- L**isten non-judgmentally
- G**ive reassurance and information
- E**ncourage the person to get appropriate professional help
- E**ncourage self-help strategies



Who should be trained?

- Professionals (police, human resource directors and primary care workers)
- Corporations
- School and college leadership
- Hospitals
- Nursing homes
- PTA
- Friends and family of individuals with mental illness or addiction
- Faith communities
- Chambers of Commerce
- Anyone interested in learning more about mental illness and addiction
- Rotary clubs, social clubs and groups who make up the fabric of a community

Gateway Healthcare is one of seven community mental health organizations nationally that has been selected to pilot this innovative training curriculum in the U.S. under the direction of the National Council for Community Behavioral Healthcare.

To schedule a training or for more information, please contact Gateway's LifeWatch EAP program at (800) 333-6228.