

# MENTAL HEALTH FIRST AID TRAINING

Every workplace should promote the mental health of employees and empower them to seek help. With 45% of Australians between the age of 16–85 likely to experience a mental health condition in their lifetime<sup>1</sup>, having team members trained in mental health first aid is critical for today's workplace.

The TrackSAFE Foundation is the rail industry's harm prevention charity which strives to reduce suicide, trespass, and level crossing incidents on the rail network while improving wellbeing and trauma support for rail employees.

**TrackSAFE Foundation offers the rail industry accredited and internationally recognised Mental Health First Aid training. Similar to First Aid Officers in the workplace, Mental Health First Aid Officers have the skills and knowledge to assist their co-workers in a range of situations.**



## Course content is suitable for employees at all levels, providing:

- skills in how to recognise signs and symptoms of mental health problems;
- knowledge of possible causes or risk factors for mental health problems;
- awareness of available evidence-based medical, psychological and alternative treatments;
- skills in how to give appropriate initial help and to support someone experiencing a mental health problem; and
- skills in how to take appropriate action if a crisis situation arises involving suicidal behaviour, panic attack, stress reaction to trauma, overdose or threatening psychotic behaviour.

## Benefits of a mentally healthy workplace:

- creates a more engaged and productive workforce;
- helps attract and keep effective employees;
- reduces absenteeism; and
- provides a return on your investment in mental health (research shows a return of 4:1 on funds invested through improved productivity and workers compensation savings<sup>2</sup>).

1 The Australian Bureau of Statistics (ABS) 2007 National Mental Health and Well-Being Survey (NMHWS)

2 UTS and University of Sydney, Mentally healthy workplaces: A return-on-investment study, 2017



Further information visit

[www.tracksafefoundation.com.au/mental-health-first-aid](http://www.tracksafefoundation.com.au/mental-health-first-aid)

To request a quote please contact

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