MENTAL HEALTH FIRST AID AT WORK

Intro

MHFA at Work Intro is a **2-hour** self-paced eLearning course that introduces you to workplace wellbeing practices and teaches ways to understand and reduce stigma in the workplace, to recognize and help a colleague who may be experiencing a noncrisis mental health or substance use challenge and to build a resilient mindset and implement best practices for self-care.

After taking MHFA at Work Intro, you will have the knowledge to enhance the overall culture of mental health and wellness within your organization.

LEARNING OBJECTIVES

1. Recognize:

- What mental health challenges are.
- That mental health challenges are common and it's important to address them in the workplace without shame or judgment.
- The impact of health inequities and that it's important to not make assumptions about someone's mental health circumstances.
- Mental health stigma and how it impacts the workplace.
- How to influence others' choice of language to reduce stigma around mental health challenges.
- That recovery from mental health challenges is possible.

2. Identify:

- Stigmatizing situations in the workplace.
- Practices that help reduce mental health stigma in the workplace.
- Stigmatizing language and alternatives.
- Factors in the workplace that can impact mental wellbeing.
- Common signs and symptoms of mental health and substance use challenges in the workplace.
- Steps to help someone who may be experiencing a mental health challenge in the workplace.
- Best practices to assist someone in crisis and noncrisis situations.
- Best practices to approach a supervisor or a peer who may be experiencing a potential mental health challenge.
- Good practices for self-care and self-help.
- Behaviors and strategies that can demonstrate or improve resiliency.

3. Recall relevant mental health resources.

Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING