

Mental Health First Aid certificate training for the Workplace - Online Blended course

With the increasing levels of mental distress across our workplace and communities, it is more important than ever that we provide our managers and staff with skills to cope.

Findings released from a Monash University COVID-19 Work and Health Study are showing that financial stress, job insecurity and job loss are contributing to 31% of participants experiencing severe psychological stress. Or 1 in 3 Australians (up from our average of 1 in 5) are feeling a bit wobbly right now.

Course Overview

Mental Health First Aid (MHFA) with Mental Health First Aid Australia (MHFAA) is an evidence-based first aid course focused on providing knowledge and strategies to improve the confidence and skills to offer help to someone showing the signs and symptoms of a developing mental health problem or a mental health crisis.

This course focuses on the workplace. It provides tailored information, scenarios and exercises that will provide participants with the knowledge and skills to provide initial mental health first aid to assist work colleagues and contacts.

And to also help those who may be either developing a mental health problem or experiencing a mental health crisis. This includes connecting people needing assistance to existing workplace supports and external professional help.

The Blended Online MHFA Workplace Course consists of two components:

Part 1: Comprises eLearning self-paced modules with the course curriculum with knowledge tests and takes ~7 hours to complete. Participants must complete this component and provide a certificate of completion prior to being eligible to do the Part 2.

Part 2: Comprises two online face-to-face group training workshops with registered Mental Health Instructor, Fleur Heazlewood. Each session runs for 3-hours and is delivered via secure Zoom video conferencing.

Participants must complete both workshops in full to receive a certificate of completion and be eligible to sit for their Mental Health First Aid certificate.

MHFA certificate: Upon successful completion of both Part 1 and Part 2 participants will have the opportunity to do a short online exam to attain their Mental Health First Aid certificate, issued by Mental Health First Aid Australia.

The MHFA certificate is valid for 3-years and is renewed with short refresher training.

Your Course Support

Chloe Henger supports Fleur and will provide you with course information and communication, logistics details and answer your technical questions and provide help.

To contact Chloe: hello@blueberryinstitutue.com or 0400 039 031.



Your Mental Health First Aid Instructor

This is a unique opportunity for you to learn Mental Health First Aid with Fleur Heazlewood, one of Australia's most experienced workplace wellbeing, mental health and resilience trainers. Fleur's corporate knowledge, senior business leadership experience and extensive academic qualifications provides a safe, practical and insightful learning environment.

With over 20-years corporate experience and as a past CEO, Fleur Heazlewood is an expert in workplace resilience and wellbeing leadership. Having led three large corporate turnaround and business transformation programs, Fleur understands first-hand the cost of staff stress, workplace uncertainty and toxicity, and personal burn-out.

Fleur has trained and mentored over 1000 people in positive leadership, mental health and workplace resilience and wellbeing skills. She works with many of Australia's high-profile organisations including Department of Veterans' Affairs, Woolworths, Big W, icare: insurance and care NSW, quantum, ITW and the Mental Health Commission of NSW.

Fleur's experience is backed by extensive qualifications including a Masters' of Coaching Psychology, Company Directors Certificate, Mental Health First Aid Instructor and yoga teacher. Fleur also lectures in Organisational Culture & Wellbeing for the Master of Applied Positive Psychology, University of Melbourne.

"I would just like to take this time to thank you for the MHFA, I thoroughly enjoyed it. I felt after each session I came out of it with the knowledge and the understanding of what mental health truly is. I now know I will be able to handle situations if they come up, maybe not smoothly the first couple of times, errors will occur but with the tools I have received from this course it will make it easier to handle situations. Thank you again."

Janet Peters, Factory team leader, Pryda

"I just wanted to say thank you for the course. I found it to be a very heavy but an extremely rewarding course. Everyone you talk to these days has been touched by mental health in some way and it makes you feel that little bit more confident knowing you have some skills to potentially make a difference in someone's life. I have completed the assessment and received a score of 100% so your delivery was obviously brilliant, well done. Thanks again" **Nicky Woodward, Business Development Manager – Frame & Truss, ITW Residential**

To contact Fleur: fleur@blueberryinstitute.com or 0404 559 244.