



Mental
Strides

MENTAL HEALTH TRAINING INFORMATION KIT



www.mentalstrides.com.au

About Us



In this fast, busy world, good mental health has become a precious commodity. The environment where we work, live and play is increasingly important when it comes to ensuring our mental health is nurtured.

Supporting good mental health

Mental Strides helps organisations and communities build a culture that supports good mental health by providing professional, tailored mental health training and counselling.

Workplace and community training

In addition to corporate training, Mental Strides works in partnership with Lifeline WA to deliver various mental health first aid training courses, as well as organising community courses in line with demand.

Tailored mental health training for any industry, anywhere

With a diverse team, Mental Strides is well placed to provide the services you need both locally and internationally. Regardless of the industry (health care, government, mining and exploration, engineering, education, retail), our team can help.

Flexible delivery

Mental Strides offers flexible delivery of all courses, including full or half days, and weekends or weekdays to be negotiated to suit.



What is Mental Health First Aid Training ?

Mental health first aid is the help you give to someone developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

It provides the knowledge about mental illnesses, treatments and first aid actions, and the practical skills to be able to help those in need.

Mental health first aid is just as important as physical first aid.

Mental health first aid training is modelled on the same principles as physical first aid training.

Why is Mental Health First Aid Training Important?

Each year 1 in 5 Australians will experience a mental illness.

Mental ill health costs Australian workplaces **\$4.7 billion** in absenteeism, **\$6.1 billion** in presenteeism (reduced productivity) and **\$146 million** in compensation claims each year.

Only **22%** of full-time workers with signs of common mental illness receive treatment for their mental health problems.

We spend a lot of time at work, so we're likely to notice when something isn't right with a work mate.

A mental health first aider has the practical skills to help, has learned how to listen and respond to someone with a mental health problem and can help them access the support they might need.

Having dedicated mental health first aiders in your organisation can encourage people to seek help before problems escalate and can help reduce the stigma around mental health.

Data source: [Mental Health First Aid Australia](#)



Who Should Complete Mental Health First Aid or Awareness Training?

Mental Health First Aid training is not just for managers or human resources staff.

Yes, managers/supervisors have a responsibility to their teams and there are some people who are naturally drawn to offering support to others, but anyone with an interest in mental health and helping others should look into completing mental health training.

Mental health training is also recommended for people who work in roles which traditionally support others – think social workers, counsellors, teachers, lecturers, police officers, youth workers, health care professionals, accountants and financial advisors, and lawyers.

The more informed we are about mental health, including how to talk openly about it and offer support, the more likely it is that people will seek help before problems escalate.

Learning more and talking more also helps reduce the stigma around mental health.

We've become better at talking about our mental health. Access to training, information and online resources has definitely helped, but we need to keep going.

The benefits of doing so are wide-ranging, extending from the workplace, to our family and friends.



How Can Mental Health Training Help Your Organisation?

Mental health training helps create mentally healthy workplaces.

Mentally healthy workplaces are more **positive and productive** and get the best out of their team.

The benefits also extend far beyond the workplace, with mental health first aiders able to **support family and friends**.

Benefits of Mental Health First Aid training

The full two-day Mental Health First Aid course provides participants with the skills and knowledge required to help others who may be developing a mental health issue, having a worsening of a mental health issue, or be in crisis.

Mental Health First Aid training helps:

- improve knowledge of mental illnesses, treatments and first aid actions.
- increase confidence in providing first aid.
- reduce stigma around mental health issues.
- increase the support provided to others.

Businesses that care about good mental health and wellbeing also **attract and keep staff**.



Our Services



There are many ways to strengthen and support the mental health of your workforce, and mental health awareness training plays an important role.

We have dedicated training and workshops, and can also work with your organisation to develop targeted mental health training to suit your workforce needs. Our bullying and harassment, drug and alcohol, and school mental health workshops are just three examples of training solutions developed by our team to meet identified client needs.

Standard Mental Health First Aid

A 12-hour course designed for adults to assist adults who may be developing a mental health issue, having a worsening of a mental health issue, or be in crisis. Participants can become an Accredited Mental Health First Aider by completing an online assessment post-course.

Mental Strides offers flexible delivery of the course including full or half days and weekends or weekdays to be negotiated to suit.

Mental Health First Aid for the Suicidal Person

A four-hour face-to-face delivery for adults to empower them to assist someone who is experiencing suicidal thoughts and behaviours.

Mental Health First Aid for Non-Suicidal Self-Injury

A four-hour face-to-face delivery for adults to empower them to assist someone who is thinking about or engaging in non-suicidal self-injury.

Standard Mental Health First Aid Refresher Course

A four-hour face-to-face delivery for Mental Health First Aiders who want to maintain their accreditation after three years.



Our Services



Mental Health Awareness Workshop (Half-Day)

In this workshop, you will learn more about the stressors which affect our mental health, how to recognise when someone they know may be struggling, where to get support, how to look after themselves (and others), and the importance of selfcare.

Supported by practical and engaging exercises, the workshop can be run for groups of up to 20 participants and includes a workbook to reinforce learnings.

Organisations or communities looking to go one step further can schedule the two-day Mental Health First Aid Course.

Mental Health Skill Set

A tailored training session designed to build individual mental health awareness and provide simple skills/tools for use in the field.

Select from three topics including, establishing and maintaining boundaries; identifying and managing vicarious trauma; managing family life; isolation and personal support; providing support for others; bullying and harassment; drugs, alcohol, and mental health; and selfcare and mindfulness.

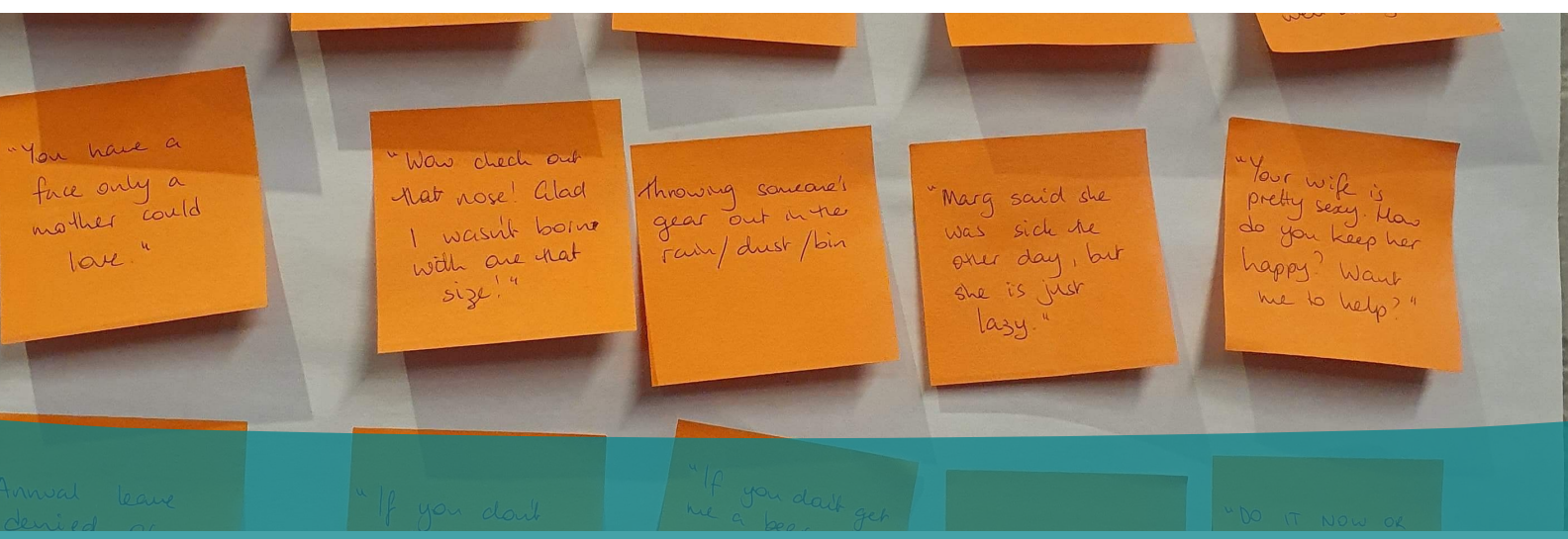
The session can be tailored to include topics to suit individual client needs. The time required for these training sessions will vary, dependent on topic selection and the combination of topics required.

Bullying and Harassment Awareness Training

Bullying and harassment in the workplace, online and in other areas of the community is an ongoing and very topical issue.

We would like to think that, because bullying and harassment are officially not tolerated in the workplace, it doesn't happen. Unfortunately, this is not the case; it is up to all of us to recognise the signs and do something about it. This can sometimes be difficult.

Our half-day bullying and harassment workshop assists organisations in identifying when bullying may be happening, determining ways to address it and also working towards a culture that minimises the chance of it happening again.



Our Services



Drugs, Alcohol and Mental Health Awareness Training

A one-and-a-half hour session that focuses on the impact alcohol and drug use can have on an individual's mental health and the health of an organisation, as well as how to recognise and address associated issues.

School Mental Health Workshop (One-Day)

Developed for students from Year 10 and above, this workshop is full of practical and engaging exercises which reinforce the importance of looking after our mental health.

Students learn more about the stressors which affect our mental health, how to recognise when someone they know may be struggling, where to get support, how to look after themselves (and others), and the importance of selfcare.

The workshop can be run for groups of up to 40 students (with teacher support) and includes a workbook to reinforce learnings.

This is an ideal workshop for your school or P & F student enrichment program.

safeTALK

safeTALK is a half-day alertness workshop that prepares participants to become a suicide alert helper.



FIFO and DIDO Workforces

Mental Health Training Program

Mental Strides recognises the challenges associated with the Fly-In-Fly-Out (FIFO) and Drive-In-Drive-Out (DIDO) workplaces.

These challenges can be detrimental to the mental health of individual workers and can also impact the culture of the organisation.

The team at Mental Strides has developed a tailored program for FIFO and DIDO workers, aimed at helping organisations to build a culture that supports good mental health.

The program provides a variety of training opportunities to ensure a good balance of mental health awareness, education and skills is achieved throughout the workforce.

In addition to the on-site training program, follow up support and training can be organised.

The training program and follow up options are outlined below. These options can be tailored to the needs of your organisation, utilised as a full program, or delivered in a staged roll-out.

Training Program – Onsite

- Mental Health First Aid – Up to 20 Participants
- Mental Health Awareness Workshop (One Day)
- Mental Health Skill Set – Up to 20 Participants
- Mental Health First Aid for the Suicidal Person
- Bullying and Harassment Awareness Training
- Drugs, Alcohol and Mental Health Awareness Training

Follow-up Support Program

- Onsite – Full Day
- Offsite – As Required

For more information or to tailor a program to meet the specific needs of your unique workplace, please have a chat with a member of the Mental Strides team.



Meet the Team

We're a small team of talented professionals with a wide range of skills and experience, which means mental health training can be tailored for you.



Engel Prendergast, Mental Health Consultant

Engel is an licensed, master Mental Health First Aid and safeTALK Instructor, and a Lifeline Crisis Supporter and Mentor. Engel has more than 20 years of experience working with local governments, communities, and organisations to build their capacity in achieving common goals. Her extensive experience in training and facilitation ensures that she is able to provide an environment that fosters learning and ownership. Engel holds a Bachelor of Science (Health Promotion), Diploma of Counselling, and a Certificate IV in Training and Assessment.



Kylie O'Driscoll, Communications Consultant – Communication Strides

Bringing twenty-years of communications, public relations and copywriting experience, Kylie works with us to meet our communications needs. Kylie developed our website, creates content for and manages our Facebook and LinkedIn pages, develops our publications and promotional materials, and assists with business development. She also helped develop our branding when we first grew wings.



Mahaveer Singh Rathore, Cultural Advisor and Logistics Manager (India)

For the past 18 years Mahaveer has been working with International visitors to help them gain a greater understanding of the rich and varied Indian culture. Mahaveer is our Culture Advisor for our work both in India and with the Indian migrant population in Perth, and manages logistics for the team in India.



Catherine (Cathy) Darling, Community Support

Cathy is a Registered Nurse and an accredited Mental Health First Aider. With more than 30 years in the health industry, as a nurse and a community educator, Cathy has a deep understanding of mental health issues experienced in the community. Cathy is our Community Support assisting in training delivery, providing emotional support for training participants.



Cliff Simpson, Grant Funding Consultant, Red Kamel Consulting

With a diverse career, including more than 30 years working within the community sector in Western Australia, Cliff is adept at engaging with community groups to achieve positive funding results. Cliff works closely with community groups in the co-design of their projects, clarifying goals, identifying funding sources, building capacity, and formulating grant application with an action plan.

Testimonials



There is a common theme to the testimonials and feedback we receive, and it all comes back to our reasons for doing what we do.

Our mental health first aid training is tailored and led by Engel who brings her experience, natural compassion, and determination to help others. This helps course participants feel relaxed and engaged, so they're able to focus on the content and feel confident about participating in the course.

It's a genuine approach that shows in our feedback and it makes us feel pretty proud.

"We work in pretty stressful conditions, with long hours away. The training, especially the role-playing, gave me the tools to recognise and help out anyone who is struggling."

"The resources and information provided are invaluable. I truly recommend personnel from site who you believe others may turn to in a crisis should attend this course."

"Engel helped me feel confident and well resourced in supporting others who may be struggling. The training was professional and dynamic, yet practical and relevant."

"Engel had lots of anecdotes and real-life examples of the content we were learning – the delivery allowed for many different learning styles too."

"Engel kept everyone engaged with the course and you could see how knowledgeable she is in the field of mental health."

"Perfect instructor to facilitate this course ... very approachable, relatable and easy to talk to ..."

We'd love to help your organisation become mentally healthy

Contact Us



We'd love to work with your group or organisation to help build a culture that supports good mental health.

Regardless of the industry (health care, government, mining and exploration, engineering, education, retail), our team can help.

Please get in touch and we will work to tailor training to best meet the needs of your organisation.

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