

Mental Health First Aid

with In Bloom Project



Average Course Rating
4.6 / 5

Average NPS Score
93.5
Would you recommend this course to a colleague?

"Very informative, simple and useful."

Urvi Loganathan - Marketing Manager - Lavazza

Your Facilitator — Joannie Lemay



Your experience when completing the course will be largely influenced by the guidance, engagement, and expertise provided from your facilitator.

We collect feedback after every course delivered and have been improving participant's experience since the first course we've delivered.

Joannie inspires individuals and businesses by delivering tailored health and mindfulness strategies to improve performance and general wellbeing.

Why Choose In Bloom?

- ✓ **We include micro wellbeing sessions** - Making the course more rewarding and enjoyable.
- ✓ **10 Years Experience** - We understand your managers and the reality on the ground
- ✓ **Rated above industry average** - We constantly receive great feedback

About the Course

What is MHFA?

The MHFA Program is the only internationally recognised evidence-based anti-stigma mental health training program for workplaces.

MHFA training leads to improved knowledge of mental illness, confidence to help someone with a mental illness, and reduces unhelpful stigmatising attitudes that can prevent people from seeking help early.

Breakdown of course

The course teaches managers, supervisors and individuals how to assist a co-worker who is developing a mental health problem or experiencing a mental health crisis.

Course participants will learn mental health first aid skills that can be applied to help any adult.

Course content is tailored to the workplace setting using case-studies, videos and resources tailored to their learning needs.



The only **evidence-based anti-stigma mental health training program for workplaces.**

Gain the confidence to help someone with a mental illness

Participants Feedback



"Very informative and I feel confident in my ability you help those in the future"



"Extremely vital info that everyone should learn."



"Joannie is a fantastic facilitator and delivered the course material in a very engaging, informative manner."



Price
\$400/Person - [2 Day in Person Course Price]

BOOK NOW!

You're in good company

