

# 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.

## 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.

## Financial Case

- For every **\$1 invested in mental health initiatives there is an average \$2.30 return** on investment.
- An employee with a **mental health related claim has an average of 16.2 weeks away from work** – 3 times higher than for other claims.
- **Mental illness is the leading cause of sickness absence and long-term work incapacity** equating to \$17 billion lost to Australian businesses each year.
- By creating mentally healthy workplaces, workforce participation rates can improve by 30%.

Source: PWC. **Creating a mentally healthy workplace: Return on investment analysis.** Sydney; 2014

## Wellbeing Case

- Mental disorders account for 12% of Australia's total burden of disease and injury.
- Only 22% of full-time workers with signs of common mental illness receive treatment for their mental health problems.
- MHFA training has been identified as a key action that supports a mentally healthy workplace and positively impacts on the mental health of employees.

Sources:

1. PWC. **Creating a mentally healthy workplace: Return on investment analysis.** Sydney; 2014
2. Australian Institute of Health and Welfare. **The burden of disease and injury in Australia, 2015.** Canberra; 2019

## Risk Reduction Case

- Every Australian business has a legal responsibility to provide safe and healthy workplace environments.
- Providing reasonable adjustments and support for people experiencing mental illness can reduce incidences of discrimination.

Source: Heads Up. **Legal Rights and Responsibilities.** Available here.

## Culture Case

- Workplace culture is important to maintaining productive, engaged and healthy staff.
- Workplaces that engage with Mental Health First Aid report improvements in staff conversations and connection over mental health topics.

Source: Seppälä E, Cameron K. **Proof that positive work cultures are more productive.** Harv Bus Rev. 2015



### Price

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

**BOOK NOW!**

