



KINGDOM HEARTS

CONSULTING



**EXPAND YOUR
KNOWLEDGE**

**Mental
Health
First Aid
Training**

Who are we?

Kingdom Hearts Consulting provide workplace mental health consultancy and training. Our mission is to develop innovative solutions that help employees to succeed in stopping workplace mental illness. We treat your company like a kingdom, putting your people at the heart of everything we do.

Mental illness remains the most stigmatised in the workplace. Employers frequently state they would not employ someone with a known mental disorder and employees will not risk disclosing any mental challenges. A responsible workplace should make every effort to reduce stigma and encourage help-seeking and support.
(Ref Blackdog Institute 2017).

The heart of your kingdom is revealed by the hearts of your people

Investing in good mental health practices also makes economic sense. PwC research shows that for every dollar invested, improved mental health yields a return of \$2.30.

WE PROVIDE TRAINING IN MENTAL HEALTH FIRST AID, 4TH EDITION.

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MENTAL HEALTH FIRST AID COURSE

FOR THE WORKPLACE



What is mental health first aid?

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. First aid is given until the appropriate professional help is received or the crisis resolves.



LOCATION / DATES / PRICE: To find out the location, date and price of the next available courses, or to have a course held at your workplace, please contact Kingdom Hearts Consulting by email or the number below.

CONTACT: 02 8875 7791

EMAIL: info@kingdomheartsconsulting.com.au

To Register for this course
please complete the form
online >>

REGISTER ONLINE

www.kingdomheartsconsulting.com.au/kingdom/product/mental-health-first-aid/

Course Information:

- 12-hour Standard Mental Health First Aid (SMHFA) course run over 2 days.
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Standard MHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

At the end of this course you will be qualified to give mental health first aid in the workplace.

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