

**MENTAL
HEALTH**
EDUCATION
GROUP



email:
info@mentalhealthed.com.au

Ecosystem Referral Partners

THE INDIVIDUAL CASE

1 in 5



of the Australian population aged between 16 - 85 have experienced mental health disorders in the past 12 months

Only

1/3



of people with a mental disorder seek help

Businesses are beginning to recognise the importance of a mentally healthy workplace and Mental Health Education Group believe that an educated workplace will improve mental health literacy, reduce stigma and increase proactive, helping behaviours.

THE BUSINESS CASE



Almost half

(45.5%) of the total population will experience a mental health disorder at some point in their life

Return on Investment –

Research by Price Waterhouse Coopers has shown that for every dollar spent creating a mentally healthy workplace will, on average, have a positive return on investment (ROI) of 2.3

Untreated mental health conditions **cost Australian employers**

\$10.9 billion every year

through absenteeism, reduced productivity and compensation claims

The effect of untreated depression in the workplace also includes:

3-4 days off work

per month for each person experiencing depression

Over 6 million

working days lost **each year** in Australia



**EDUCATE
STAFF**



**REDUCE
STIGMA**



**PROMOTE
POSITIVE
BEHAVIOURS**

MENTAL HEALTH EDUCATION GROUP INTRODUCTORY OFFER FOR HR AND MANAGEMENT*

FREE

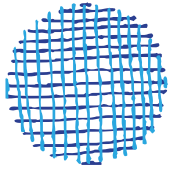
ONLINE INTERACTIVE MENTAL HEALTH FIRST AID TRAINING

Valued at \$150.00 RRP

For more information contact: info@mentalhealthed.com.au

*1 Voucher per organisation

www.mentalhealthed.com.au



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WHO WE ARE & WHAT IS MENTAL HEALTH FIRST AID?

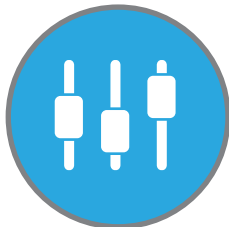
Mental Health Education Group is a leading independent provider of the internationally accredited Mental Health First Aid Program, developed by **Mental Health First Aid™ (MHFA) Australia**.

MHFA courses teach mental health first aid strategies to organisations and members of the public. Mental health first aid is the help provided to a person who is developing a mental health problem, or in a mental health-related crisis, until appropriate professional treatment is received or the crisis resolves.

Course content is derived from a number of consensus studies incorporating the expertise of hundreds of researchers, clinicians, mental health consumer advocates and carer advocates across the English speaking western world.



PROGRAM OPTIONS



**FLEXIBLE AND TAILORED
DELIVERY OPTIONS
INCLUDING:**



**BLENDED – ONLINE
LEARNING FOLLOWED BY
3.5 HOURS FACE TO FACE**



**FACE TO FACE INTENSIVE -
12 HOURS OF FACE TO FACE
DELIVERY**

OUR NETWORK

Our strategic partnership with **D'Accord** allows us to provide our clients with additional ongoing professional support and advice to further improve each businesses level of mental health within the workplace.

D'Accord have industry leading experience in:

- Employee Assistance Programs
- Critical Incident/Trauma Response
- Mediation/Conflict
- Coaching & Mentoring
- Career Transition
- Outplacement

