



CORPORATE HEALTH  
GROUP



# Mental Health First Aid and Corporate Risk Management for Mental Health

## What is Mental Health First Aid?

Mental Health First Aid is the initial help given to a person with a mental health problem before medical treatment can be obtained.

## Why does your Organisation need Mental Health First Aid?

Mental Health problems have a profound effect on productivity. In any one-year, six percent (6%) of people have a depressive disorder and ten percent (10%) an anxiety disorder.

Some of these people are in your organisation! Often their illness will not be obvious. However, the impact on your profitability is startling.

In Australia depression accounts for six million (6,000,000) full workdays lost each year. It costs \$2.5 billion per year in absenteeism and \$900 million in work impairment.

Appropriate and timely treatment for all depressed employees is estimated to save on average \$1,500 to \$3,000 per employee. The cost of treatment is far less than this!

Mental Illness is an economic issue. The cost of ignorance, stigma and not recognising and treating it is huge!

## What do you need to do?

A comprehensive **Corporate Risk Management Plan**. This is a 4 step process:

1. Increase management and employee awareness programs with **Mental Health First Aid**.
2. Access to services including Employee Assistance Program. Counsellors and Medical Practitioners.
3. Prevention by early detection. Management to recognise and respond appropriately.
4. Workplace based rehabilitation assisting with recovery.

**Corporate Health Group, in conjunction with the Centre for Mental Health Research at the Australian National University, offers you a unique two-day workshop in Mental Health First Aid.**

This workshop is of flexible delivery and includes:

- Well-researched information regarding **Mental Health Problems and Illness**.
- An overview of some signs and symptoms of **Mental Health Problems**.
- A practical 5-Step guide to **Mental Health First Aid**.
- Information regarding current research in **Proven Treatment Methods**.

The outcomes of **Corporate Risk Management** for mental health are:

- Improved employee psychological health
- Improved self management of mental health
- Increased employee productivity
- Reduced liability
- Immediate and effective intervention
- Decreased absenteeism, WorkCover and disability claims
- Decreased job related accidents.

**Contact:**

**Doula Theodosi**

**Telephone:**

**(08) 8354 9800**

**Email:**

**dtheodosi@corporatehealthgroup.com.au**