

## Community of Practice Mental Health First Aiders

Sustaining confidence, Connection, and Impact in Mental Health Support.

### Why Ongoing Mental Health First Aid Practice Matters

Mental Health First Aid (MHFA) skills are most effective when reinforced through ongoing practice and peer connection. Without regular application, confidence fades, and critical skills can weaken—leaving workplaces without the strong mental health support they need.

**A Community of Practice ensures MHFAiders remain engaged, prepared, and effective in their role—building a culture where mental health conversations are part of everyday leadership.**

### The Business Case for Community of Practice

- **Strengthen Workplace Mental Health Support:** Ensures trained MHFAiders remain active, confident, and capable.
- **Reduce Risk and Improve Response Readiness:** Regular practice prevents skill degradation and supports proactive intervention.
- **Strengthen Psychological Safety and Peer Connection:** A structured space for MHFAiders to learn from real experiences and refine their approach.
- **Create a Culture of Continuous Learning:** Moves beyond compliance into sustained impact, ensuring mental health awareness remains embedded in leadership.

### What the Sessions Covers

This program equips your MHFAiders with practical tools to:

- ✓ **Real-World Practice & Case Discussions** – Apply MHFA skills in facilitated, workplace-relevant scenarios.
- ✓ **Latest Mental Health Trends & Updates** – Keep pace with emerging challenges and best practices.
- ✓ **Confidence Building Through Peer Learning** – Interactive discussions strengthen decision-making and support strategies.
- ✓ **Sustained Connection & Support** – A network of MHFAiders who can learn from and support each other when they feel overwhelmed or need collaboration on a particular problem.

**This program is delivered as a 1-hour interactive workshop, available both online and face-to-face.**

## Why Choose Well-Led Workplaces to deliver your Community of Practice?

At Well-Led Workplaces, we believe MHFA shouldn't be a one-time certification—it should be an ongoing practice that strengthens both individual confidence and organisational culture.

- **Expertly Facilitated:** Led by experienced MHFA trainers who ensure sessions are engaging, practical, and relevant.
- **Practical and Interactive:** Real-world discussions and exercises ensure immediate applicability.
- **Tailored to Your Workplace:** Sessions align with the unique challenges and needs of your team.
- **Sustained Impact:** Ensures MHFA remains an active part of workplace leadership and culture.

## What People Say

*"It was a really well led training session with lots of gold nuggets to take away and apply to daily life as well."*

**– MHFA Attendee, November 2024**

*"Julie is an amazing instructor; her delivery was engaging and easy to understand. I have learnt a lot of new things. Also, very happy that she provided so many extra resources for professional help."*

**– MHFA Attendee, December 2024**



## Take the Next Step

Don't let workplace mental health challenges become a **performance or risk issue**. Invest in **proactive leadership and a high-trust workplace** with MHFA training.

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