

Is **mental health** part of your HR or Risk Management plan?



One in five adults is affected by a mental health illness each year.
Is mental health part of your HR or Risk Management plan?

Mental health impacts the individual, our broader communities and our workplaces. The issues can be challenging and people often do not know how to identify early warning signs or provide appropriate help to prevent the problem becoming more serious.

Aon is proud to be able to facilitate the evidence-based training course - Mental Health First Aid - to assist employers to minimize the risks associated with mental health and work towards creating psychologically healthy workplaces.

What does the course cover?

The MHFA course teaches you how to recognize the symptoms of different illnesses and mental health crises, how to offer and provide initial help and how to guide a person towards appropriate treatments and other supports.

Should I attend?

This course is relevant to people from many different roles, managerial levels, company sizes and industries. The course is especially beneficial for those in:

- Human Resources or Work Health and Safety
- Managerial roles with direct reports
- People whose workplace is currently being affected by mental health issues

What will I gain from the course?

You will be equipped to provide immediate assistance to colleagues who may be developing a mental health problem or experiencing a mental health crisis. This will decrease the chance of the issue becoming significant and long term and impacting the individuals daily activities and work life.

Why Aon?

- Our facilitators are accredited MHFA instructors and also have a background in work health and safety, worker's compensation and injury management. They understand how to practically apply strategies within companies to manage mental health issues and mitigate risk
- We can also provide post course assistance with re-engineering policies and developing internal resources

Register now at:

aonhewitt.com.au

(Resources > Training and Events)

For more information, contact:

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