

- WorkplaceAid - a trial for improving mental health and physical first aid skills in the workplace

Who is running the project?

The Centre for Mental Health, School of Population and Global Health at The University of Melbourne. The Chief Investigators are Professor Anthony Jorm, Ms Betty Kitchener, Dr Nicola Reavley and Mr Stefan Cvetkovski.

Who can take part?

Employees from the Victorian Public Service.

What are the aims?

The project will explore how undertaking one of the courses offered impacts on participants' knowledge, attitudes and skills for assisting someone in the workplace with a mental health problem or a physical injury.

How do I take part?

1. Go to the trial website to register:
www.workplaceaid.net.au
2. Complete the online survey at the end of registration. A computer will randomly place you into ONE of the courses on offer (see right panel).
3. Receive an email advising which course you have been placed in. This will contain information to access your course.
4. Complete your free course! If you wish to complete this during work hours, you will need your Manager's approval.
5. We will ask you to complete another online survey on completion of your course, one-year after and two-years after training.

What's in it for me?

By taking part, the free training will potentially help you assist a co-worker or someone in your social network, who has a mental health problem or an injury needing assistance.

A Certificate will also be awarded.

What types of courses are offered?

- **eLearning Mental Health First Aid** (6-hours)
Via the online portal, it teaches an action plan for responding disorders such as depression, anxiety, psychosis and substance misuse. The crises covered include suicidal thoughts and behaviours, non-suicidal self-injury, panic attacks, traumatic events, severe psychotic states, severe effects from alcohol misuse, severe effects from drug misuse, and aggressive behaviours. It has been tailored to incorporate information on policies, resources and help-seeking pathways of specific relevance to the Victorian public service.
- **Blended Mental Health First Aid** (6-hours eLearning plus a 3.5 hour face-to-face session)
First, complete the 6-hour eLearning Mental Health First Aid course (described above). The face-to-face component reviews the contents of the online course through quizzes, discussion, case studies and includes a manual. It also uses role plays to give participants more concrete experience in applying the MHFA Action Plan in different situations and settings.
- **eLearning Apply First Aid course** (4 hours)
Via the online portal, it teaches the fundamental principles, knowledge and skills to provide emergency care for injuries and illnesses in the home or the workplace.

Questions?

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