



# MENTAL HEALTH FIRST AID WORKSHOP



## AWARENESS

Learn about the most common mental health issues that may be encountered in the workplace



## PERCEPTION

Understand how to spot the signs and recognize the symptoms in your team



## SUPPORT

Learn how to effectively respond to such cases with empathy, creating a solid plan

## WHO IS IT FOR

- People Managers
- Leadership Teams
- HR Professionals
- Employees

## DETAILS

- Interactive workshop
- Online or face-to-face
- 2 - 8 hours duration
- Supporting material

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## OBJECTIVES

- Cultivate awareness around the most prevalent mental health issues (anxiety, depression, panic attacks etc.)
- Learn the most common triggers of mental health issues
- Understand how to spot the signs and recognize symptoms, even in virtual settings
- Equip participants with methods and frameworks to effectively respond to mental health issues in the workplace (eg. C.L.A.S.S. approach)
- Propose ways to engage in impactful discussions, based on empathy and mindful communication
- Solidify learnings through role plays based on real-life scenarios, simulations and sharing in small teams in breakout rooms

## WHY IS IT IMPORTANT

Numbers speak for themselves. Mental health issues affect people's life and work in ways we are now just beginning to understand. We need to be as educated as possible on what these issues are, how to recognize the signs on ourselves and our people, the events and challenges that are likely to trigger us and perhaps most importantly of all - how to approach these sensitive discussions with empathy, in order to maximize the workplace support and minimize the consequences for both individuals and teams.

**1** BILLION 

globally live with a mental health or  
a substance abuse condition  
(United for Global Mental Health Report, 2021)

**1 in 2** 

people will suffer from a mental  
issue at some point in their life  
(World Health Organisation)



**136€**  
BILLION

total cost, in terms of  
productivity due to  
mental illness

(D. McDevil, Mental health in  
workplace settings, 2008)

**6%** 

of population is diagnosed with  
depression in Greece  
(Individuals diagnosed with depression in  
Europe in 2019, © Statista 2022)

**50%**

of chronic sick leaves are due  
to depression/anxiety.  
(World Health Organisation)

## BENEFITS

- Destigmatize mental health issues and discussions in the workplace
- Strengthen corporate culture by creating a safe and inclusive space for all
- Improve communication skills in handling sensitive discussions with empathy
- Increase employee morale and engagement by creating solid support systems
- Reduce friction and fear of speaking up due to concerns for possible backlash
- Create a supportive environment interested in the holistic wellbeing of people
- Decrease productivity loss due to mental health challenges
- Increase engagement and team resilience

Learn how we can support your team

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 [www.onebreath.eu](http://www.onebreath.eu)