

*Fact Sheet*

**Mental Health First Aid**

For the webinar associated with this fact sheet, visit

<https://www.youtube.com/watch?v=owZTohQ-EJY>

DISCLAIMER: this live stream does not deliver strategies on how to apply Mental Health First Aid, as it's important this occurs in a safe context where viewers are able to talk about their experiences. The aim of the live stream is rather to provide some education on the effects of Covid-19 on mental health and finances/business, why Mental Health First Aid can be important, and where you can go to complete training.

**Impacts of Covid-19**

- Significant for both individuals and businesses during this time
- Social isolation or heightened stress related to living very closely with loved ones over an extended period
- Financial losses, unemployment, significant changes to business
- Heightened anxiety (this is a natural response to uncertainty and novelty in our environment)
- Burnout, fatigue, irritability, lack of motivation, grief
- And more

**What can I do?**

- Focusing on things INSIDE rather than OUTSIDE our control can be helpful
- Learning about Mental Health First Aid is something INSIDE our control that we can do to learn the skills needed to assist someone in the workplace with their mental health (or even yourself!)

**Benefits of Learning about Mental Health First Aid**

- Breaking down stigma in the workplace around mental health
- Assisting others with communicating their thoughts and feelings more easily
- Giving others hope for the future
- Applying strategies to help others stay safe so that they have a better chance of recovery
- Learn more about your own mental health!

**Where can I go to learn more?**

- Reach out to PPS with any questions
- Contact Peter Annis-Brown (qualified Mental Health First Aid Instructor, located in Tamworth NSW) for details on a tailored workshop

**Need help?** Contact Pinnacle People Solutions for tailored advice and support for your business by email to [admin@pinnaclepeoplesolutions.com.au](mailto:admin@pinnaclepeoplesolutions.com.au) or call 1300 856 231

*This information and advice is general in nature, based on our interpretation of current legislation and policy, and does not take into account your specific circumstances. You should consider whether the information is appropriate to your needs and seek professional advice if required.*

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