

How's your company's mental health?

1 in 5 Australians have taken time off work due to mental health.*

The St John one-day First Aid for Mental Health course will help companies build strategies to increase the wellbeing and resilience of their staff, promoting a healthier workplace.



For every \$1 invested in workplace mental health, businesses see a \$2.30 return.



Nearly 50% of employees leave due to poor mental health environments.



About one in 10 Australian workers has been bullied in the last six months.



Median mental health claim compensation is \$24,500, compared to \$9,200 for all claims.

Invest in your workplaces wellbeing with this one-day course.

Course duration: 1 day (9am - 4:30pm)

Private on-site classes available at your workplace or book a seat at one of our St John Training Centres.



St John First Aid for Mental Health



St John

*Beyond Blue

