

Mental Health First Aid™ in the Workplace

EMPOWER YOUR TEAM, IMPROVE WORKPLACE OUTCOMES

The globally-recognised training programme, established in 2000 and conducted in 24 countries with over 6 million people trained, offers early-intervention education to increase awareness and support skills for peers facing mental health challenges.

Intellect is the sole MHFA™ International licensed provider in Singapore. Using locally adapted curriculum, Intellect's programme is proven to empower communities to become more productive, empowered, and destigmatised.

MHFA™ TRAINING IN THE WORKPLACE



Enables **people leaders** to observe and recognise mental health needs of others and refer to relevant support



Improves workplace **productivity, culture, and organisational resilience**



Equips individuals with skills to **understand stigma and support peers**, improving mental health literacy



Uses materials based on **comprehensive evidence and evaluation**

TRUSTED BY LEADING EMPLOYERS



Schroders



OUR COURSE STRUCTURE

This **12-hour course** will provide individuals with training and tools to be an accredited **Mental Health First Aider**, valid for 3 years.

1

Self-guided learning

- Understand early signs of common mental health issues
- Learn the MHFA action plan
- Identify suicidal thoughts and behaviours

2

On-site learning

- Engage in interactive activities and discussions with real-life scenarios
- Apply the MHFA action plan to various situations through role-playing
- Discussion on applying mental health support in the workplace

3

Accreditation

- Pass the accreditation examination
- Attain the course completion certificate
- Connect with the support network



"MHFA provides crucial support for those with mental health challenges and equips managers to identify and assist their staff effectively."

Edwin Chng, Medical Director at Parkway Shenton

SIGN UP FOR MHFA™

To learn how MHFA™ training can benefit your organisation, email mhfa@intellect.co or visit www.bit.ly/intellect-mhfa.

Frequently Asked Questions (FAQs)

What is the MHFA™ course about?

MHFA™ equips participants with the confidence, knowledge, and culturally-relevant skills to recognise mental health stressors, approach those in need, and guide them towards appropriate care.

How is this different from psychological first aid (PFA)?

While Psychological First Aid (PFA) focuses on crisis management, MHFA™ is preventive and focuses on practical learning and training in skills to proactively identify and address mental health changes in others.

How was Intellect accredited by MHFA™ International (MHFA-I)?

Through a licensing agreement, we are accredited by MHFA™ International, upholding their ethical practices and values.

Are the instructors certified?

Yes, all our instructors undergo rigorous training and are accredited by MHFA™ International.

How is the MHFA™ course offered?

The 12 hour MHFA™ Blended Course consists of two portions, a 6-hour self-guided learning and a 6-hour live training session offered face-to-face or virtually. After completing the accreditation assessment, you'll receive a valuable 3-year Mental Health First Aider Certificate of Accreditation.

How long does certification last?

Certification is valid for 3 years from issuance.

Who should attend/sign up for this course?

We encourage leaders, HR teams and anyone interested in supporting wellbeing to join. It's also beneficial for adult education communities, schools, and non-profit organisations.

Frequently Asked Questions (FAQs)

What countries/Languages is this available in?

The course is currently available in English and selected APAC languages. Virtual training options can be arranged for other countries upon request.

Why equip employees with MHFA™ certification?

- Build a more resilient workforce with improved outcomes
- Enable early awareness and action to proactively address mental health issues
- Enhance communication of employee concerns or limitations
- Adopt innovative employee well-being practices
- Align with global standards and scientific evidence for mental health support
- Be recognized as an organization that prioritizes well-being and provides a safe workplace

What framework is used in the program?

MHFA™ has its own support framework, backed by quality, peer-reviewed, published research. Details can be found in the [MHFA International website](#)

What are the learning outcomes?

- Learn the common mental health issues and how to recognise early signs
- Acquire and practise skills to provide initial support to individuals experiencing mental health challenges, and guidance towards professional support.
- Learn and practise communication techniques to initiate and navigate through mental health conversations with sensitivity and empathy.
- Enhance confidence to act as a MHFAider and champion wellbeing in the workplace and in your communities
- Embrace self-care practices essential for maintaining your wellbeing while supporting others

What if individuals fail the final accreditation exam?

In case of difficulty, we work with participants to support their learning and ensure they understand how to apply the knowledge. Another attempt at the quiz/exam may be offered.