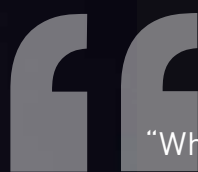


Mental Health Safety Officer Training



“While there are many psychosocial factors that can have a negative impact on an individual’s health and wellbeing, Mental Health Safety Officer Training focuses on those which are in the control of or can be influenced through the actions or activities of employers”.

Jason Tulipan
FIFO Worker and Trainer

“Increased frequency or duration of stress responses have been linked with high levels of unplanned absences including sick leave, staff turnover, withdrawal and presenteeism and more task errors. It can be a significant cause of injury or illness which may lead to depression and anxiety in the long term”.

*Preventing Psychological Injury Under WHS Laws
Safe Work Australia Fact Sheet(2015)*

“Mental stress” is the term used to summarise a broad range of health impacts that may result from psychosocial hazards in the workplace and includes untreated mental health conditions among employees. While the costs to employers from both these issues can be readily identified - taking the next step and developing a risk management plan, establishing accountabilities and setting targets can be daunting given the seemingly

intangible nature of psychosocial hazards.

Mental Health Safety Officer Training has been developed to give Masters, Managers, Supervisors and WHS representatives in the marine industry a best practice framework along with the requisite mental health knowledge and communication skills to confidently operate psychosocial risk management processes in the workplace.

Enquiries: Julian Gimpel - Mental Health Initiatives, AMA(WA)
P: 9273 3000 • **M:** 0451 664 600 • **E:** Julian.Gimpel@amawa.com.au

This course has been developed by the **Australian Medical Association** and brought to the marine industry by **Farstad Offshore Simulation Centre**.

www.farstadsimulation-tms.com

Terms and Conditions of Enrolment - Course participants are required to agree with the Term and Conditions of enrolment. These terms and conditions are available at or on request from Farstad Shipping Offshore Simulation Centre staff.

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Over 2 days of training participants will be introduced to best practice approaches to workplace mental health and given opportunities to practice and apply this knowledge to scenarios commonly found in the marine industry. Delivered in a 10 module format - both days combine short talks, interactive activities, group discussions and scenario based case studies to achieve defined learning outcomes.

What participants will learn

- How to identify and manage common psychosocial hazards
- Responding to a mental health incident or emergency using E.A.R.S[®]
- How to implement a holistic and sustainable workplace mental health program
- The signs and symptoms of a range of common mental illnesses
- How to reduce stigma and organisational barriers to help seeking
- Communication and employee engagement techniques
- Developing and improving workplace mental health policies
- Integrating psychosocial hazards into existing safety management systems
- Mental health treatment options and the role of the General Practitioner

Recommended for

Masters, Chief Engineers, Marine officers, Offshore Medics, Human Resource and land based staff with human resource or safety related delegations.

Trainers

This course is delivered by trainers with extensive experience in both mental health and safety management.

Cost

\$800.00 (excl GST) per participant.
Group bookings and onsite delivery available.

Courses will be run on

20th to 21st October 2016
24th to 25th November 2016

Venue

Farstad Offshore Simulation Centre
86 Discovery Drive, Bibra Lake WA 6163.

Times

8:45 am to 4:30 (both days)

To register contact

Farstad Offshore Simulation Centre
(0)8 9494 5600 **E:** info@farstadsimulation.com

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