



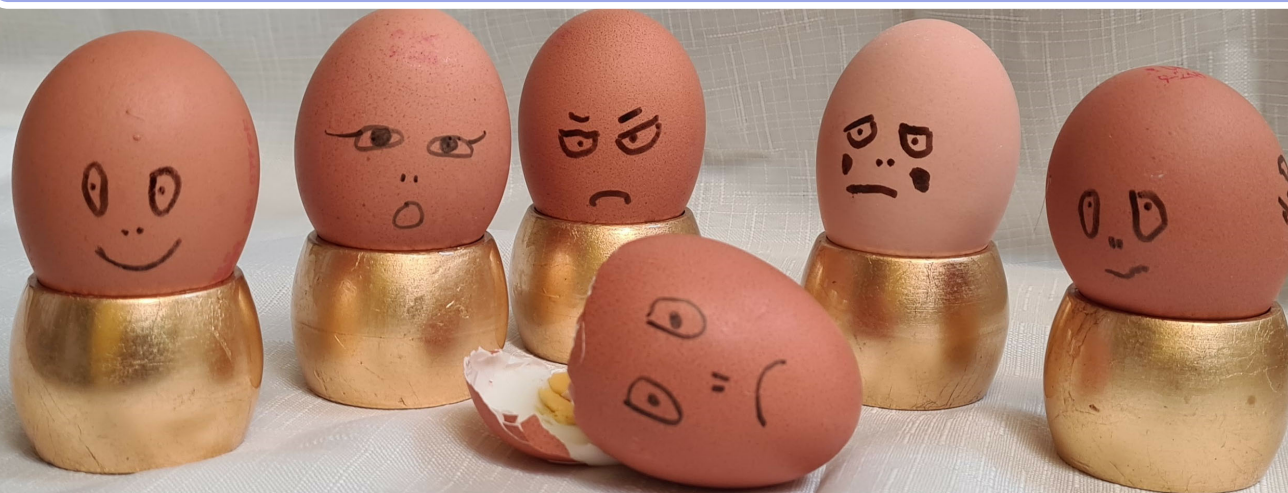
**Workplace Health
Leadership Group**
Northern Ireland

Webinar

Mental Health First Aid

Thursday 29th April - 2.30 - 4.00 pm

Speaker: Helen Gibson, Regional Co-ordinator for Mental & Emotional Wellbeing & Suicide Prevention Training, PHA



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

The Mental Health First Aid Programme was first developed in Australia by Betty Kitchener and Anthony Jorm in 2000. Since then it has spread to many other countries including Northern Ireland.

The term is now well bedded into health and safety culture as organisations have realised the benefits it can have for both employers and employees.

Unfortunately, many managers generally don't know how to recognise mental health problems or what help is available.

Helen Gibson is the Regional Co-ordinator for Mental & Emotional Wellbeing & Suicide Prevention Training in the Public Health Agency. In her presentation she'll cover

- What is Mental Health First Aid?
- Why Mental Health First Aid?
- Introducing Mental Health First Aid into your workplace
- How to recruit Mental Health First Aiders in the workplace
- How can Mental Health First Aiders be supported in the workplace?
- Q & A

WEBINAR DETAILS

DATE: Thursday 29th April 2021
TIME: 2.30pm (finish 4.00pm)
VENUE: Online
SPEAKER: Helen Gibson,
Regional Co-ordinator for Mental & Emotional Wellbeing & Suicide Prevention Training,
PHA



COST: This webinar is FREE

PTO for further details and booking

This webinar is
being facilitated by



**Northern Ireland
Safety Group**

[BOOK HERE TO ATTEND](#)

The webinars are being facilitated by NI Safety Group (one of the Workplace Health Leadership Group's partners).

Booking will take place on the NI Safety Group website, and the booking form can cater for multiple attendees.

Once booked you will receive a confirmation email holding your place/s. It will indicate that a web link (Zoom) will be provided on the morning of the Webinar with joining instructions.

Please ensure that the email you use to register is the one that you will be using to view the webinar.

Please do not share the link (that you will receive on the morning of the webinar) with others as their email will not be recognised and they will not obtain access.

IMPORTANT - This webinar is likely to be oversubscribed. The software automatically closes the webinar when it reaches capacity. Those unable to gain entry (usually by signing in late) can watch the seminar as a podcast once we have uploaded it.

SPEAKER bio



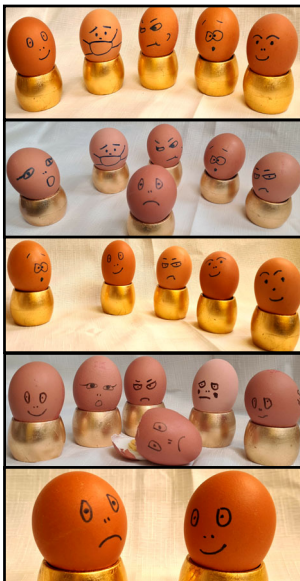
Helen Gibson transferred from the Health & Social Care Board into the Public Health Agency (PHA) in 2009.

In 2011 Helen was appointed Regional Training Lead for Mental and Emotional Health and Wellbeing & Suicide Prevention. In this role Helen has regional responsibility for

the development, implementation, promoting and evaluating of mental and emotional health and wellbeing and suicide prevention training, in line with Regional Strategies and Action Plans.

Helen is the Regional Director for Mental Health First Aid (MHFA) NI and works closely with Regional MHFA Directors nationally and internationally. Locally, Helen works closely with the statutory, education, churches, sports bodies, frontline and community/voluntary sectors to promote and support positive mental and emotional health and wellbeing and suicide prevention training.

OTHER WEBINARS IN THIS SERIES



Thursday 15th April
- 2.30 - 4.00 pm

Workplace Mental Health Awareness

Thursday 22nd April
- 2.30 - 4.00 pm

Managing Mental Health When Working From Home

Thursday 29th April
- 2.30 - 4.00 pm

Mental Health First Aid

Thursday 6th May
- 2.30 - 4.00 pm

Supporting employee wellbeing in challenging times - the Mindful Manager's toolkit

Thursday 13th May
- 2.30 - 4.00 pm

Take Five Steps to Wellbeing

How to book

[Watch webinar post event recording](#)

[Watch webinar post event recording](#)

[Booking Link](#)

[Booking Link](#)

[Booking Link](#)

Who are the Workplace Health Leadership Group NI

The Workplace Health Leadership Group NI (WHLGNI) was formed on 10th August 2016 when a group of committed stakeholders from across industry and government came together to ensure that effective occupational health management is given the priority in Northern Ireland workplaces that it warrants.



Northern Ireland Safety Group