

**CENTRE FOR MENTAL HEALTH**

## **PHD Completion Seminar**

The University of Melbourne



MELBOURNE SCHOOL OF  
**POPULATION  
& GLOBAL  
HEALTH**

# **The development and role of mental health first aid in the workplace**

**Presenter: Nataly Bovopoulos**

**Supervisors: Prof Tony Jorm,  
Prof Anthony LaMontagne,  
Adjunct Prof Angela Martin**



**Wednesday 16th October 3pm-4pm  
Seminar Room 515, Level 5, 207 Bouverie Street**

Mental health problems in the workplace are a rising cause of disability and have considerable individual, social and economic impacts. One way the impacts can be reduced is to encourage early help-seeking within the workplace. This can be facilitated by training workers in how to offer support to co-workers showing signs of an emerging mental health problem or mental health crisis. The Mental Health First Aid (MHFA) program has a large body of evidence for improving participant knowledge and confidence, reducing stigmatising attitudes and leading to helping behaviours at follow-up. There is potential for greater impact in workplaces, as MHFA is widely disseminated. This PhD project aims to build knowledge gaps by:

1. Better understanding how the existing MHFA course is delivered in Australian workplaces and inviting feedback on how it could be tailored
2. Developing expert consensus guidelines on how to provide mental health first aid to a co-worker
3. Developing evidence-based recommendations for workplaces establishing formal Mental Health First Aid Officer roles.

Nataly Bovopoulos has more than 15 years experience as a leader, manager and health promotion practitioner in the mental health sector. Her most recent role was as CEO of Mental Health First Aid International, a health promotion charity that focuses on the development and dissemination of the Mental Health First Aid Program. Nataly has a Masters of International Public Health and a Bachelor of Liberal Studies with honours in Psychology, both from the University of Sydney.

These seminars are free. Visitors are welcome to attend.  
For more information contact the Centre for Mental Health +61 3 8344 0908