



Julie Gillespie

Transforming the way we connect

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Thank you for your interest in working with **Julie Gillespie and her Team**. The following information has been compiled for organisations who are considering investing in their people to provide a professional, accredited peer support program and upskill for their leaders to be effective in supporting the wellbeing of their people. **For further information please contact us at:** supportjulie@gillespie.direct

Mental Health First Aid® in the Workplace

Mental Health First Aid® skills based, early-intervention training programs mobilise and empower communities and organisations by equipping people with the knowledge and confidence to recognise, connect, and respond to someone experiencing a mental health problem or mental health crisis.

Anyone can have a conversation that may save a life. Everyone should know how.

Consultation and Facilitation Methodology:

Julie and her support team follow a consultative approach while Partnering with you as they know that it takes more than just a brief training intervention to ensure the success of the Mental Health First Aiders within an organisation.

- 1) Meet with primary stakeholders to understand how the MHFA Training fits into the current Business Strategy. Julie aims to link the work provided to your organisational values and ongoing initiatives.
- 2) Provide material and guidelines for clear and definite communications; to engage the workforce into expressing their interest in being Mental Health First Aiders.
- 3) Provide clear instructions prior to the event so participants know what to expect through the training (especially if there is lived experience).
- 4) Training delivered with expert facilitation, high engagement and interaction, and meeting the objectives of both the participants and organisation.
- 5) Meet with key stakeholders and debrief the outcomes of the training and any important feedback that came through anonymously from the participants.
- 6) Provide guidelines and resources for participants and the organisation to successfully activate the Mental Health First Aiders, establish appropriate channels of access to the network by the rest of the organisation, and policies that keep them safe.

What is Mental Health First Aid® training for the workplace?

The Workplace MHFA® format uses scenarios that focus the conversations to be supportive of co-workers who may be experiencing a mental health problem or mental health crisis, understanding how to provide practical support until appropriate professional help is received or the crisis resolves. This course provides a 3-year accreditation on successful completion of an online, competency based quiz.

Training Options Available for the workplace:



STANDARD REFRESHER MENTAL HEALTH FIRST AID

Standard Mental Health First Aid® (SMHFA™)

Workplace Focus: The 12-hour face-to-face course for adults (18-years+). Includes manuals.

Following the Standard MHFA™ format, we use workplace scenarios to focus the conversations to be supportive of co-workers who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course provides a **3-year accreditation** on successful completion of an online, competency based quiz.

Duration: 2 days - delivered on consecutive days.

Individuals are welcome to join group training in our private facility in West End, QLD, 4101. In organisation training available.



BLENDED ONLINE MHFA WORKPLACE

Blended Mental Health First Aid® (SMHFA™)

Workplace Focus: The Blended course utilises an eLearning component coupled with facilitator guided sessions for adults (18-years+).

Two components:

- 1) eLearning (Self-Guided through MHFA Australia and takes on average 6-hours) and,
- 2) Instructor led 2x4-hour online sessions .

Following the Standard MHFA™ format, this program is workplace focused using scenarios that inspire conversations to be supportive of co-workers who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course provides a **3-year accreditation** on successful completion of an online, competency based quiz.



STANDARD REFRESHER MENTAL HEALTH FIRST AID

Refresher Mental Health First Aid® (SMHFA™)

Workplace Focus: Just like physical first aid, updating MHFA skills and knowledge allows people to sustainably perform this vital role confidently and safely.

To maintain accreditation Mental Health First Aiders need to attend a Refresher Course three years after their initial accreditation.

Learning Outcomes:

- Understand the latest research in the mental health field
- Learn the 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions, and
- Practise Mental Health First Aid skills.

Duration: 5-6-hours face-to-face or virtual

Group Size: For up to 15 participants



MENTAL HEALTH FIRST AID IN THE WORKPLACE

MHFA™ Engaging Leaders Workshop

Julie is a leadership expert who knows that leaders are loaded, lonely, and burning out, which stops them from being able to SEE what is happening to their people. Having clear, defined, and compassionate conversations, can resolve many of these difficulties.

This workshop will help leaders, decision makers and influencers understand the benefits that MHFA™ can offer in helping to create mentally healthy workplaces.

Learning Outcomes:

- An understanding of mental health problems in the workplace
- Be aware of the challenges and opportunities of mental ill health in the workplace
- Be able to recognise the workplace factors that contribute to mental health problems
- Know what resources are there to support your efforts
- Understand the legislative responsibilities of leaders
- How Mental Health First Aid® can help in the workplace.

Duration: 2-hours face-to-face or virtual

Group Size: For up to 15 participants

Programs Designed for Building Awareness Across Your Organisation

Mental Health Awareness Workshop

This course gives participants an opportunity to understand what Mental Health is and when you should become concerned for someone.

Learning Outcomes:

- Learn what Mental Health is, the facts and the factors which affect it
- See how stigma is a barrier to getting essential support and discover ways to overcome it
- Understand the different mental disorders and their signs and symptoms
- Learn to start a conversation with someone in distress and keep yourself safe
- Know what resources are there to support you.

Duration: Lunch 'n Learn Style (30-40-minutes) Workplace training face-to-face, virtual, or hybrid.

Community of Practice - MHFAider Skills Development Sessions

One-hour sessions, held quarterly, where all Mental Health First Aiders are invited to participate. Topics discussed include (These can be customised to suit the MHFAiders and the business):

- What types of MHFA conversations have they been having? What are the obstacles, challenges, and ways to overcome them? Developing a collective debriefing network.
- Special topics: Unpacking and developing skills in other areas such as Starting a difficult conversation, What is Resilience? (Using the Resilience at Work framework), How to develop and sustain healthy boundaries, How do our Values affect our connections.
- Team building and developing a champion network - creating ease of access to them, and also clarifying boundaries to others.

Working with Julie Gillespie

Julie is a highly respected consultant, facilitator, and speaker with 25+ years of leadership experience across multiple sectors. Julie is also a Licensed Principal Master Instructor for MHFA® with a workplace focus. Having conducted more than 80 MHFA sessions since 2018, Julie has trained more than 800 people from local, national, private, and government organisations, supporting their efforts to grow the capabilities of individuals and leaders by teaching them to SEE how they can be more supportive.

She brings the ingredients of her 'lived experience' with mental ill health to the table and is a passionate advocate for creating healthy, connected, and safe workplaces. Julie sets clear rules of engagement; challenging audiences to overcome their fears, starting conversations that create connectedness and engagement, all grounded in the base of compassion.

She definitely sets the tone, shows the how, and inspires others to lead the change they want to see.

Julie runs a truly engaging, interactive course where there is co-designed safety, inclusivity, and openness.

Check out Julie's reviews [here](#) for further assurance that she is both a quality facilitator and a valuable addition to your workplace.