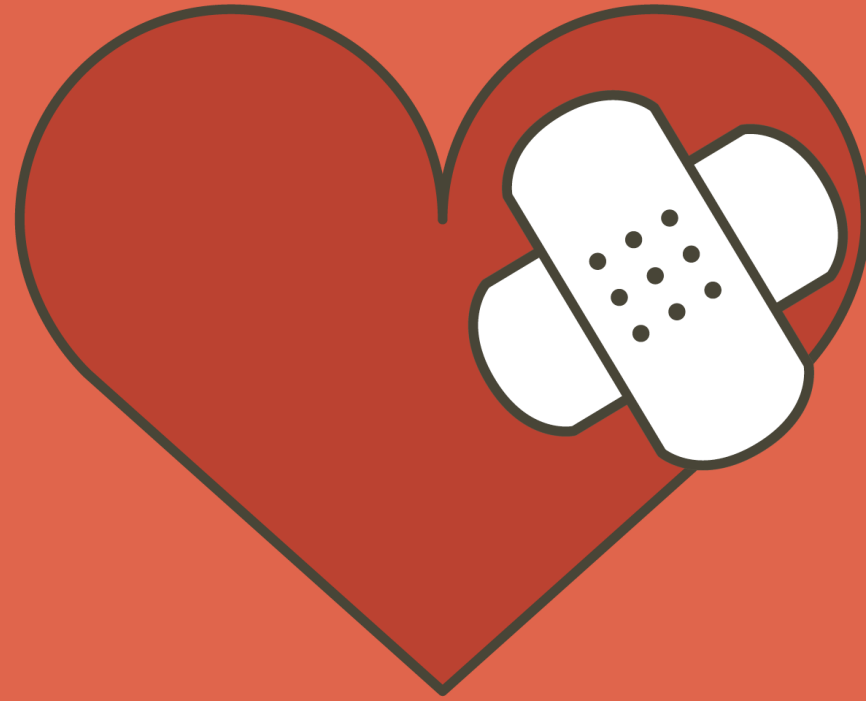




Erste Hilfe
für die Seele

About pro mente Austria

- Umbrella organization with 26 member organizations employing more than 5.500 professionals
- Member organisations provide care work and services for people with mental health issues
- Focus on advocacy work with the goal of improving the services including high-quality medical, psychological, social and economic aspects with individual, person-oriented care

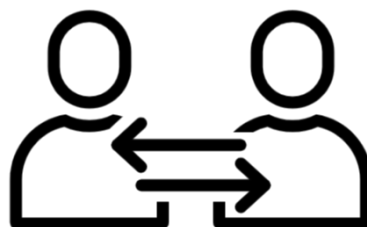
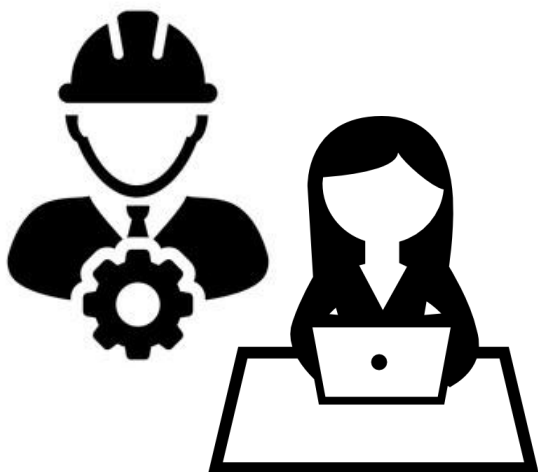
Activities

- Exchange of experiences, coordination and joint activities of the member organisations
- Cooperation with national and international organisations from the psychosocial spectrum
- Influencing relevant laws and regulations on provincial and federal level
- Discussing and working out new standards on the topics of work, education, honorary participation, finances, general management, public relations work and quality standards
- National education programs
- Common public relations work providing information about psychological illness and the antidiscrimination of the psychiatric issues.

Services:



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Together for Mental Health.

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Mental Health First Aid

www.erstehilfefuerdieseele.at



Erste Hilfe
für die Seele

- A national wide prevention program



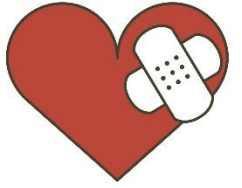
Erste Hilfe
für die Seele

What Is Mental Health First Aid?



“The help provided to a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.”

Mental Health First Aid



Erste Hilfe
für die Seele

- Evidence and science-based program from Australia
- Implemented in more than 35 countries worldwide
- pro mente Austria is exclusive licensee in Austria
- more than 9,000 first aiders trained since program started at the end of 2020



Licensed Provider

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Together for Mental Health.

Mental Health First Aid – Courses and Workshops



Erste Hilfe
für die Seele

- **12h Seminar Mental Health First Aid - Adults**
 - Adults Learn How to Support Other Adults
- **14h Seminar Mental Health First Aid - Youth**
 - Adults learn how to support adolescents
- **4h Workshop for Executives**
- **5h Workshop Mental Health First Aid – Teens**
 - 15-18 year old teenagers learn to support each other



Licensed Provider



Erste Hilfe
für die Seele

MHFA Course Content

- Mental Health First Aid Action Plan
- Depression
- Anxiety problems
- Psychosis
- Substance use problems



What Do Mental Health First Aiders in the Workplace Do?



Erste Hilfe
für die Seele

A Mental Health First Aider...

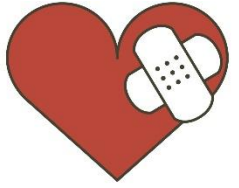
Provides mental health first aid within their worksite as needed, at their level of competence and training.

- Escalate any matters if required in a prompt and appropriate fashion according to their relevant organisational policy and procedures.

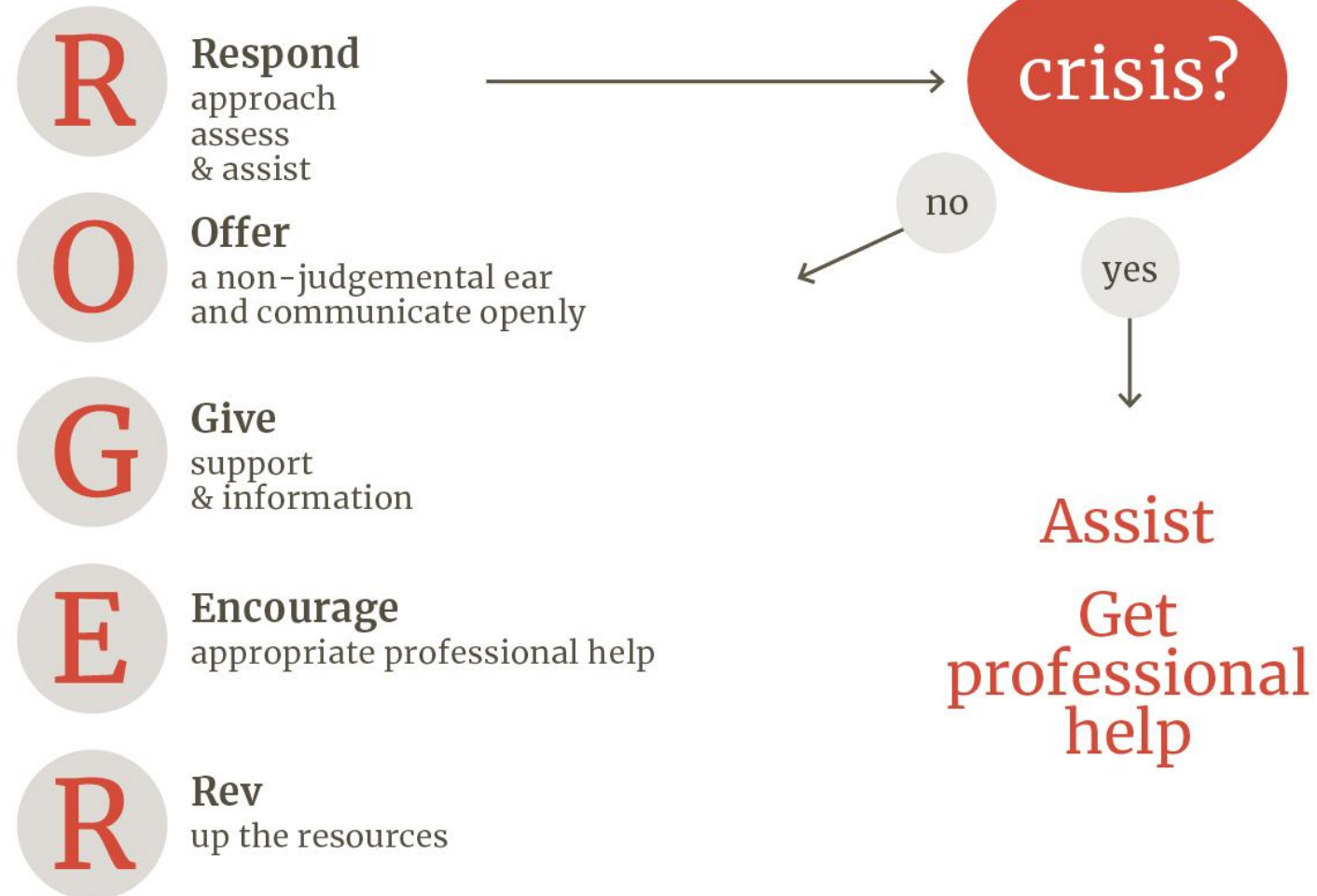
It is the responsibility of the MHFA to:

- Maintain their Mental Health First Aider accreditation
- Complete available refresher training as directed/required.

First Aid in 5 Steps



Erste Hilfe
für die Seele



First aid kit for the soul

How you can help in an emotional crises



1.
Reach out to
one another



2.
Take your time



3.
Avoid overdoing
well-meaning advice



4.
Listen, talk to each other
or sit quietly



5.
Simply be there,
and be patient



6.
Don't judge



7.
Know your
own limits



8.
Make a note of
emergency numbers



9.
If necessary,
get help



10.
Don't be offended if your
help is not accepted

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10 steps to better mental health



1.
Accept yourself



2.
Talk about it



3.
Stay active



4.
Learn something new



5.
Keep in touch



6.
Do something creative



7.
Get involved



8.
Ask for help



9.
Take a break



10.
Don't give up on yourself

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