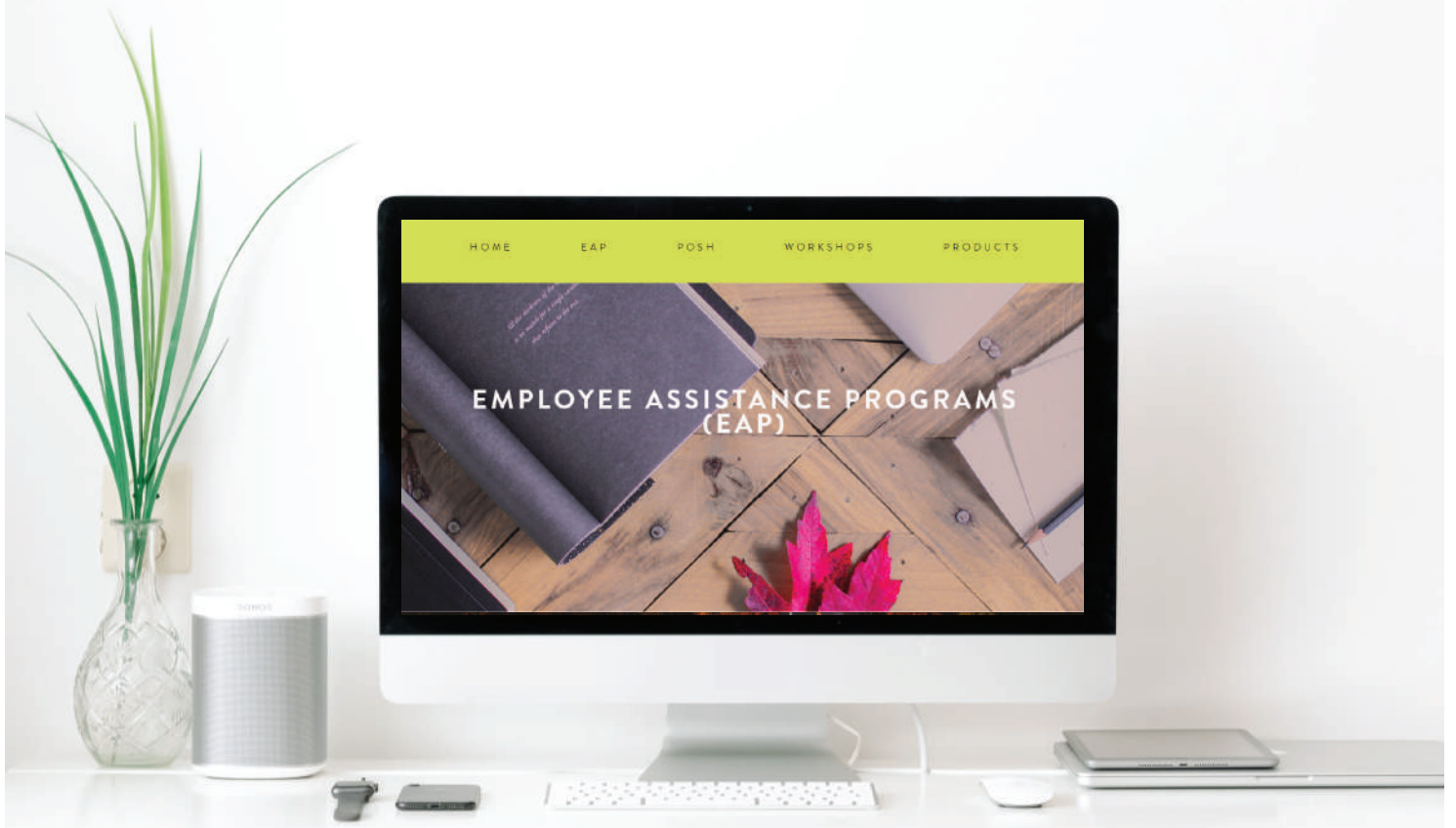




Mental Health First Responder Certification Program

To create and sustain an environment of safety, connectedness, self-empowerment, and hope at workplace.



First Responder at Workplace

How does your company respond to internal emergency?

Take your wellness strategy to the next level by equipping key staff members and leaders.

The goal of this program is to promote better psychological first aid and certifying the key staff and leaders in mental health first aid, to create a positive workplace culture.



Trust & Safety



Trained individuals



Immediate Assistance



In-house support system





Mental Health First Responder Certification Program

■ Objective

Comprehensive program to train the First responders.

■ Duration

6 Weeks

■ Audience

HR managers, Business Managers, Wellbeing Champions

■ Session Duration

60 to 75 minutes per session



Learning Outcome

- Establishing a human connection in a non-intrusive, compassionate manner.
- Building in-house support system with training and monitoring from Silver Oak Health.
- Participants will be trained to assist employees that are experiencing challenges or in a mental health crisis, until professional help is received, or the crisis is resolved to alleviate the situation.
- Clarity about process and point of contact person to reach out in case of crisis and emergency.

Service Offerings



Webinars

Related to mental health and other aspects of well-being



Individual Mentoring Support

To enhance learning and application



One-to-One Counselling

Sessions with psychologists to practice self care





Supplementary Tool Kit

To reinforce learning



Program Outline

	<p>Week 1</p>	<p>Introduction and setting ground rules Emotional wellbeing and its indicators</p>
	<p>Week 2</p>	<p>Communication skills Models of communication, its do's and don'ts, reflective listening and responding skills</p>
	<p>Week 3</p>	<p>Identifying needs, protective factors and resilience Importance of resilience and ways to build it</p>
<p>Week 4</p>	<p>Understand psychological challenges Identifying different psychological conceptions and their levels</p>	
<p>Week 5</p>	<p>Manage stress and relax Learning how to manage stress by using relaxation techniques</p>	
<p>Week 6</p>	<p>Wrap up and referral process Providing support, helping yourself and others</p>	

ABOUT US

Silver Oak Health

Silver Oak Health (www.silveroakhealth.com) is a highly innovative company that is being chosen by many companies in India as the preferred partner for EAP, POSH and DEI services. The company is also seen as one of the most innovative in this field with a wide range of digital interventions and training programs. Silver Oak Health was established in Bangalore in 2015 and has PAN India presence. **We are an ISO 27001: 2013 certified company.**



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