



Helping you
to navigate
mental health
in day-to-day
life & work



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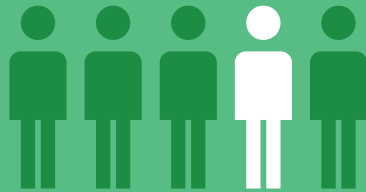
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Mental health issues affect **one in five** Australians.

Whether we experience mental health issues ourselves, or whether someone we know is dealing with mental health issues, it affects everyone in some way.

Mental health issues can be complex, but we're here to simplify it for you.

At The Mental Health Coach, we provide a range of mental health services designed to demystify mental health, and equip people with the skills to navigate mental health issues either in their personal life or at work.

We provide Mental Health First Aid (MHFA) courses for individuals and workplaces, informational webinars, workplace wellness services as well as coaching and counselling.

Whether working one-on-one, in small groups or with entire workplaces, we're focussed on bringing our skills, expertise and lived experience to the work at hand – helping you or your team get where you want to be.

Get in touch with us to learn how we can help you.

Nick McEwan-Hall
Founder and Lead Mental Health Coach

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Our courses help to instil **confidence**

Participants rated their *Confidence in helping someone with a mental health problem*

before and after completing our Mental Health First Aid Training.

5.5
Before

8.7
After



Participants **love** our facilitators

Participants were asked *Overall, how would you rate your facilitator?*

9.7
Average rating

Oh stop it – you're making us blush

Participants were asked *Thinking about the program overall, how would you rate it?*



Average rating



“Nick was very kind, understanding, and engaging. He made the space feel completely safe at all times.”

“Nick is brilliant at leading this learning!”

“Enjoyed the program and took a lot out of it that can be applied not only in a work setting but my own family and circle of friends.”

“I felt more confident in approaching young people and having hard discussions to make sure they are supported.”

“Really enjoyed being a part of the training and feel like a much better human being just by learning some of this new content which can be just as vital as physical first aid.”

“Engaging. Encouraging and considerate of personal impacts of training. Regularly checked in throughout and asked for regular feedback, comments and listened to input and questions with a professional manner and non judgemental approach.”

“Nick was supportive, caring, knowledgeable, and willing to guide people through with kindness.”

“Most valuable training I’ve done this year with application to all areas of my life.”

“Nick was a brilliant presenter. You could tell he had been through a lot and brings a wealth of knowledge to his workshops. I appreciated the suggestions given to a very personal question.”

“Was very good and clear with what he was saying. I liked how he provided us with real examples.”



Our impact in 2024

2024 was a year of growth and transformation, with our expanding reach empowering individuals with the tools and support to enhance mental wellbeing and resilience.

We delivered training to
1,093 people



We ran
75 training sessions

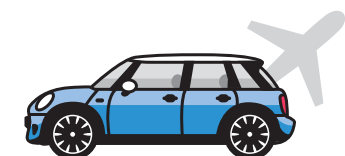
consisting of

**791 adults +
302 high school students**

from every state & territory



And travelled
14,438km





We do more than just train people in mental health.

We also provide services directly to people experiencing mental health problems. AfterBAGS is a project we launched as a gift of compassion for those affected by suicide.

As I go about my work delivering mental health awareness training around the country, I am constantly reminded that suicide is a pressing issue. Every week, someone tells me a story of how they have been affected by suicide.

One such client, Katherine Epsom, shared with me her experience of losing her father to suicide in the UK. Her and her mother were provided with a care pack, called *Bags for Strife*. Inside were thoughtfully selected items of compassion, accompanied by a grief journal.

When Katherine asked me if this existed here in Australia, I went looking – and found nothing. In that moment, we knew we had to create it for people here, and since late 2023, we have been working to bring it to life. We are so proud to present this to you.

The ripple effect means that around 459,900 people are affected by suicide every year.

Sadly, we lose 9 people to suicide, every day



On average, each of those 9 deaths affect 140 people. 1,260 per day.



Of those 140, 8 are highly affected, going on to have a higher risk of death by suicide. 72 per day. 26,280 per year.



We created AfterBAGS to support these people

The Blame, Anger, Guilt and Sadness (BAGS) these people experience is significant, and sadly, it results in higher rates of suicide themselves. The AfterBAG was created to support these people, allowing them to feel seen and understood – and ultimately, to keep them safer.



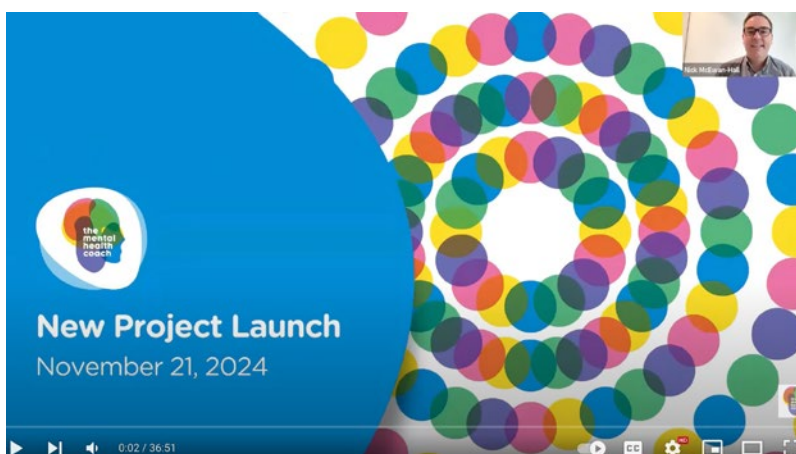
What is an AfterBAG?

The AfterBAG has been created to provide a simple way for you to express your support to someone experiencing the effects of loss due to suicide.

Each bag is full of carefully curated items, specifically chosen to provide a sense of comfort and care at a difficult time.

At AfterBAGS, we are on a mission to create a world where the devastating ripple effects of suicide are met with compassion and support. We believe that everyone affected by suicide deserves to feel understood and embraced. Our mission is to provide a simple and meaningful way for people to express their support and solidarity, and to help foster communities of empathy and understanding.

And, every bag sold helps us to fund free or low cost suicide alertness training to communities that need it.



What's in an AfterBAG?

The bag is filled with specially selected items, each chosen to support the specific experience of a person who has lost someone to suicide. Many of the items are from suppliers who have their own experience of suicide loss.

A resource sheet is also included, with links to support services and phone numbers for helplines that the person may find useful.

These items are accompanied by the *My After Journey journal*. Written by Nick McEwan-Hall and Katherine Epsom, this journal is a place for people to reflect in and process their grief journey, and is designed to be used alongside professional supports.

The journal also has a place to capture memories of the person lost, forming a lasting tribute.



To learn more, or to purchase an AfterBAG, visit our website



We facilitate a range of
Mental Health First Aid courses,
both in person & online.

Each year 1 in 5 Australians will experience a mental illness. Many people don't feel knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however most don't cover mental health problems. Mental Health First Aid (MHFA) is an evidence-based program that teaches people the skills to help someone who they're concerned about.



Confidence to help

You'll learn the knowledge and skills to offer first aid for a mental health problem.



Evidence-based

MHFA courses are evidence-based and go through a process of continuous evaluation.



Action plan

Learn a simple acronym-based action plan to have a conversation with someone about their mental health.



Global community

You'll join a community of more than a million people worldwide who have completed this program.

Would you know how to help?

Mental health problems can affect anyone in the community. Inaccurate and stigmatising attitudes towards people with mental illness are common.

Many people lack the knowledge, skills, and confidence to support a friend, family member or co-worker experiencing a mental health problem. This includes how to approach someone and start a safe conversation. This is a very common and normal phenomenon.

Often, those we work with have said they've experienced times where they've felt 'something isn't right', or they've thought their client or friend may be experiencing a mental illness, but haven't known how to start the conversation.

Our MHFA courses teach you exactly how to have those conversations.

The courses teach participants how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem, or are in a mental health crisis, until appropriate professional help is received or the crisis resolves.

At The Mental Health Coach, our facilitators hold multiple qualifications, including:

- Principle Master Instructors – the highest level of accreditation available from Mental Health First Aid Australia.
- ACC Credentialed Coach through the International Coaching Federation (ICF).
- Counselling Qualifications.

With over 20 years' of professional experience in coaching, facilitation, education, training and leadership, our facilitators are world-class, giving you the best learning experience possible.



Course

Mental Health First Aid Initial Training

Our foundation course embodies the benchmark MHFA course designed and developed by Mental Health First Aid Australia. It's recognised internationally for its evidence-based and highly practical approach.

MHFA is so important. With 1 in 5 Australians experiencing a mental illness of some kind every year, statistically, we are sure to know someone who is experiencing a mental health issue, right now.

However, many people don't feel knowledgeable or confident to offer assistance to those experiencing mental health issues. Mental Health First Aid (MHFA) equips you with the essential skills to help someone you feel needs a helping hand, allowing us to open up difficult conversations where we feel someone may be experiencing a mental health issue, and assist them to get professional assistance for it.

We deliver the Standard Mental Health First Aid program which is suited for organisations, workplaces or individuals. Anyone wishing to learn more about mental health and mental illness will benefit from this course.

The course provides a wide ranging overview of all common mental health issues and you'll learn how to recognise their symptoms and signs. We'll cover how to have a conversation with someone about their mental health and also show you where you can refer someone to get professional help.

Our facilitators are professionally trained and accredited to deliver this program publicly and in-house for organisations and workplaces. They are highly skilled and caring, ensuring a safe and supportive learning environment.





What you'll learn

- An overview of mental health, and MHFA
- Common myths and misunderstandings about mental health issues
- The common signs and symptoms of a mental health issue
- How to approach someone about their mental health
- How to assess the severity of the situation
- What to do in a mental health crisis situation
- Practical skills to intervene in real-world mental health situations
- How to encourage someone to get professional help
- A range of options and places to access professional help

Mental health issues covered

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (self-harm)
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects of alcohol or other drug use
- Aggressive behaviours.

Course Format

This course can be completed either face-to-face, or completely online.

As well as individual enrolments, we can run this program for your workplace or organisation, also with either online or face-to-face delivery.

Online

This completely online option means you can join one of our programs from anywhere in Australia.

Upon enrolment, you'll be set up with access to a nationally standardised e-learning package. Once complete, you'll join us for two, 3 hour live web-based sessions with our accredited and highly acclaimed facilitators.

You'll have access to our facilitators throughout your learning – you'll be able to ask questions and get support to implement what you learn.

We also provide lifetime support for our clients, so you can contact us anytime for support with using your new skills.

Face-to-face

We run public programs around Australia, or we can run a course for your workplace, team, organisation or group.

In a face-to-face format, the course is either two full days, or four, 3 hour sessions.

For workplace or group delivery, we can schedule training to your needs. Contact us for more information.

Who can undertake this course?

This course is open to anyone and is ideally aimed at those aged 18 or above. It's an educational course and not a therapy or support service.

You don't need any prior experience or knowledge about mental health or mental illness at all – everyone is welcome to attend.

Accreditation

After completing your program with us, you can be recognised for your skills with a formal accreditation. There is no cost for accreditation and we will walk you through the process.

For more information:



In-person



Online



Course

Youth Mental Health First Aid

Learn how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves, using a practical evidence-based action plan.

The 14-hour Youth Mental Health First Aid Course is for adults who work, live with, or care for adolescents, such as school staff, parents, sports coaches, community group leaders and youth workers.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and by professionals.

For more information:



What you'll learn

Learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in crisis situations.

Developing mental health issues covered

- Depression and anxiety
- Psychosis
- Substance use problems
- Eating disorders

Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury and self-harm
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects of alcohol or other drug use
- Aggressive behaviours.

Course Format

This course can be completed either face-to-face, or completely online.

Online

Students complete an e-learning program, then attend three, 3 hour webinars.

Face-to-face

This is a 14-hour course which is usually delivered as either a 2-day training package (7 hours per day), or as 4 separate modules (3.5 hours each).

Attend one of our public courses, or enquire with us about running a private course for your workplace, school, RTO, community or other group.

Course

Teen Mental Health First Aid

The Teen MHFA course teaches high school aged students how to provide mental health first aid to their friends.



Adolescence is a time of important change and development. It's the time when mental health problems can first emerge. During high school years, mental health problems are among the leading causes of falling grades, problems with friends, and relationships, substance use or abuse and they can have a lifelong impact.

That's where Mental Health First Aid training can help.

With a focus on improved mental health literacy and early intervention, the peer-to-peer Teen MHFA course is for high school aged students. There's a version designed for those in Years 7-9 and a senior school version for students in Years 10-12.

The Teen MHFA course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals. The course equips teenagers with the skills to recognise and respond to a friend who may be experiencing a mental health problem or crisis situation. Using a practical, evidence-based action plan, the Teen MHFA course helps build the confidence needed to support a friend until appropriate professional help is received or the crisis resolves.

Evaluation of the Teen MHFA course has shown:

Increased confidence in students to help a peer with a mental health problem.

Reduction in stigmatising attitudes towards people with mental health problems.

Increased help seeking skills leading to increased intentions to seek help for a mental health problem.

Increased suicide prevention skills – greater recognition and quality first aid skills in helping a peer at risk of suicide.

For more information:



What you'll learn

This course covers developing mental health problems and crisis situations. Students learn how to recognise when a friend or classmate is developing a mental health problem and have a supportive conversation, and how to identify signs of a crisis such as suicidal thoughts. The course focuses on knowing when and how to seek the support of a trusted adult.

The learning is supported by videos that tell the lived experience stories of teens who have experienced mental illness.

Upon completion of this course students will be able to:

- Recognise the signs and symptoms of mental health problems commonly experienced in young people
- Know when and how to seek the support of a trusted adult
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Know the barriers to help seeking and how to overcome these.

Course Format

The course is delivered via 3 face-to-face classroom sessions.

Who can undertake this course?

There are versions of the program for every student from Year 7 to Year 12. We can work with you to identify the right course option and approach for your setting.

Course

Rainbow

Youth Mental Health First Aid

If you are an organisation or community working with LGBTQIA+ young people, why not consider exploring this unique program.



We generally partner with organisations or communities to implement this program. It's designed to provide high quality mental health skills to young LGBTQIA+ folks, and to strengthen the connections between the rainbow community and the community at large.

If you are an individual wishing to take part in one of our Rainbow programs, please head to our [website](#) to see what programs are available near you.

We focus on creating a learning environment that is safe, welcoming, diverse and inclusive.

The program has four components

- Community Consultation
- Expression of interest process
- Delivery of the Youth Mental Health First Aid course
- Post-training support

We will work with you to identify community needs in your area, as well as how the program will connect to your strategic goals.

We suggest an expression of interest process be run for entry to the program, to ensure that participant eligibility is checked. This goes a long way to creating a safe learning environment for the participants. Our team can conduct this process for you, using proven approaches.

Following the two day training, participants are invited to take part in post-training support sessions, delivered on Zoom, where we can reconnect and ensure that questions are answered, skills are applied and successes celebrated.

For more information about how we can tailor this program for you, please get in touch for a complimentary exploration call.

Program overview

In this video, our founder and creator of the Rainbow Youth Mental Health First Aid program, Nick McEwan-Hall, takes you behind the scenes of the program. You'll hear what the program is about, where it came from, the results we are getting, and of course, how you can get involved.



Hear what our participants think

In this video, you'll hear directly from a diverse range of our participants about their experiences in taking part in the program, how it helped them, and what they got out of it.





Very much appreciated the pre work involved in making sure everyone that attended felt supported and comfortable to do so. Very sincere connection and communication with people sharing personal experiences.



The program is designed to better equip community-based peers with evidence-based skills and knowledge to spot the signs, have important conversations and support their peers to access critical mental health services.

It also includes 6 months of post-program mentoring from The Mental Health Coach.

Learn how to use a practical evidence-based action plan to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or are in a mental health crisis, until appropriate professional help is received.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and by professionals.

What you'll learn

Learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in crisis situations.

Developing mental health issues covered

- Depression and anxiety
- Psychosis
- Substance use problems
- Eating disorders

Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury and self-harm
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects of alcohol or other drug use
- Aggressive behaviours.

Who's the program for?

The program is focussed on supporting young people aged 18 to 25. To be eligible, you need to be one of the following:

- Aged 18 to 25 and identifying as part of the LGBTQIA+ community (or questioning if you might be); or
- Be connected to a person like those described above. For example, you might be a friend or family member, an ally, or someone who works with young LGBTQIA+ people as part of their job (such as a youth worker, counsellor, community group leader, school teacher or something else).

If you aren't quite sure you're eligible, please apply anyway and we'll get in touch with you to work it out.

Course Format

The Rainbow Youth Mental Health First Aid program is a 14-hour face-to-face course, run over 2 days.

For more information:





Course

Mental Health Essentials

This information packed session is designed to give participants the essential knowledge to feel confident around mental health. Perfect for those who can't undertake the full Mental Health First Aid program.

Do you want to feel more confident to help someone who might be experiencing a mental health problem?

Do you want your team to have a solid introduction to mental health, and to feel confident to support one another in the workplace?

If you answered 'yes' to these questions, then this workshop is for you or your workplace.

The incidence of mental health problems in Australia, and around the world, is already high, but after COVID19, we are seeing a spike in people experiencing mental health problems right now.

One in five Australians will experience a mental health issue in any given year and 75% of people between the ages of 16 and 86 will experience a mental health issue in their lifetime. This means that 20% of our friends, family, staff, colleagues and people around us will experience a mental health issue this year.

And if you have young people in your life or your workplace, the prevalence is higher. Did you know that the average onset age for anxiety is 15 years old? Most people say they don't know how to help when they think it might be necessary, but the skills are easy to learn.

Mental Health issues affect a person's life in many ways, from very subtly, to life changing affects. But with some basic knowledge and a set of skills behind us, we can confidently and competently assist someone when they experience a mental health issue.

In this workshop, we take a look at mental health in some detail, and introduce to you some easy ways to build your skills in the area of mental health.



If you want a solid understanding of mental health and mental illness, run by a facilitator who knows their stuff, this is it!



What we'll look at

- What mental health is
- The mental health continuum
- Some facts and stats about mental health in Australia
- When you should be concerned about a person's mental health
- Two of the most common mental health problems – and how to spot them
- How mental health issues affect how people learn and work – and what to do about it
- How to have a conversation with someone about their mental health
- The Mental Health First Aid course

Workshop outcomes

- Gain confidence in mental health awareness
- Increased wellbeing
- Gain skills to apply in all facets of your life – home, work and in the community
- Increased empathy and understanding for those around you who experience mental health issues
- Give your team evidence-based skills and tools to support one another
- Demonstrate that your organisation has taken steps to support its people's mental health and wellbeing

How is the workshop run?

We can run this for you as an online event via Zoom, or in person at your workplace, school or community group.

The maximum number of participants per online workshop is set at 20, and for in person workshops is set at 35, so that we can ensure a great learning experience, and safety for everyone attending.

For more information:



Course

Mental Health First Aid Refresher Programs

Refresher courses allow people who have previously completed a Standard Community or Workplace MHFA course to refresh their knowledge and skills.

For people who are accredited Mental Health First Aiders, the refresher courses offer an opportunity to extend their accreditation for a further 3 years. You'll learn the most up-to-date practices in providing MHFA, and receive an updated MHFA manual.

The course gives participants an opportunity to refresh the knowledge and skills learnt during your initial training. In the mental health space, we suggest a constant refresh of knowledge as significant changes can take place often, which can greatly impact the way you help others around you.

Our *professional MHFA Refresher Course* is the perfect way to stay updated with the newest additions to the field of mental health without having to retake the whole course again. The training focuses on evidence-based MHFA strategies, just like the MHFA Initial Training and Youth MHFA courses. You'll learn the most up-to-date practices in providing MHFA and receive an updated MHFA manual and certificate.

Our MHFA Refresher Course will help you:

- Gain an understanding of the latest research conducted in the mental health field
- Refresh your knowledge of which organisations are best to contact, based on the specific demographics of the individuals in need
- Learn what to do when someone is feeling emotionally distressed or suicidal – we focus on the 3 actions you can take in such scenarios
- Work through examples of complex MHFA scenarios, and
- Practice your MHFA skills in real-life-based situations.



Learn what's changed

You'll learn what's changed in MHFA since you did your initial training.



Refresh your skills

Brush up your skills in providing MHFA.



Practice makes perfect

You'll get to practice applying ALGEE to a range of scenarios.



Convenient

You can take part in this course from anywhere across Australia, totally online.

Course Format

We offer this program primarily as an online program, but it's also available face-to-face.

Online

When undertaken online, the refresher program is a 6-hour course delivered via a group video call. This means that you can take it conveniently from the location of your choice.

Face-to-face

When completed face-to-face, the refresher course is a four hour program. Attend one of our public courses, or get in touch to arrange a private refresher program for your team, workplace, community or other group.

Who can undertake this course?

The MHFA Refresher can only be completed if you have taken the MHFA Initial Training or Youth MHFA courses previously.

We can help check your eligibility. Please get in touch with us and we'll be happy to help you.

For more information:



Coaching & Counselling Services

Therapy & support, done differently

Everyone has times in their life when they need a helping hand. It's normal to have ups and downs, and we believe in the powerful difference that support and guidance can make, when accessed in the right way, at the right time.



In the same way you might see your GP when you're feeling physically unwell, meeting with a counsellor or coach can assist you in times of uncertainty or uneasiness, or when you need some help with your thinking. It's our belief that seeing a coach or a counsellor should be as commonplace as seeing your GP.

Working with a coach or counsellor is no big deal. When you do, you're simply accessing a specialist service to help you with a particular issue. There's no one size fits all program at The Mental Health Coach. Everyone's support is completely unique to them.

We take a person-centred approach, which means you're in charge. It's all about you – we'll help you work on what you want to work on, whilst offering our skills, experience and advice.

With your coach by your side, you'll feel empowered to tackle your goals and overcome life's obstacles.

How we work

We work online and face-to-face which means your coach can meet with you via zoom, or in person.

If you're meeting your coach in person, you'll appreciate our modern and discreet office spaces. There's no waiting rooms with 10 year old magazines and awkward silence. Our offices are modern, beautifully designed, and from the moment you walk in you'll feel the positive atmosphere.

Our coaches change their style based on what you need, so depending on the work we're doing together, we might be on comfortable couches, using a whiteboard or talking over a coffee.

If you're more comfortable working on zoom, that's OK too. All our coaches are skilled at delivering our services digitally. Zoom can be a great option when time is limited, or when you'd rather not travel. And the good news is that the evidence tells us that working via Zoom is just as effective as face-to-face.

At the end of the day, whatever mode you're most comfortable with is the one we'll go for. And if you're not sure, let's have a chat and work it out together, or even give it a test run.

What can you work on with our coaches?

We are experienced in working on a range of topics and challenges. Our coaches bring a wealth of qualifications and real world experience to each coaching session.

We can help with:

- Relationship and interpersonal challenges
- Communication problems
- Workplace and career issues
- Leadership challenges
- Coping with conflict
- Dealing with change
- Coping with stress
- Grief and loss
- Living with a mental health issues
- Putting life situations into perspective
- Finding practical solutions to challenges
- ...and more

Free Introductory Session

We offer a complimentary initial session where we can talk about what you're wanting to work on, and which allows you to get a sense if we're right for you.

Your privacy and confidentiality is assured at all times, and our coaches abide by all relevant privacy laws and ethical standards.

Visit our website to book your free session.





Workplace Mental Health Services & Programs

Whatever your needs are when it comes to workplace mental health services, we're here to help. With our network of coaches and workplace wellness experts, we can provide a range of services and supports.



Mental Health First Aid for Workplaces

We are experienced at delivering MHFA programs in workplace settings. With considerable expertise at rolling out small and large-scale training initiatives, we make it easy for you to achieve your workplace MHFA goals.

Arranging training can be a huge logistical challenge. Let us manage the entire process for you, from start to finish, leveraging our processes and procedures, and our custom-built technology platforms.

We'll work with you to identify the best course for your needs, and match the best delivery method for you and your team. We'll also match you with the best facilitator for the intended audience.

We can also help you identify team members who need refresher training, and ensure that your team is up-to-date and current.

Once you've empowered your team with the skills, you want to ensure they feel confident to use them. After the training is complete, your team will have complimentary access to our coaches and facilitators to support them using their skills. They can reach out to us at anytime.

You'll also receive invitations to our webinars throughout the year, exploring interesting topics and supporting your team to maintain and broaden their skills.

As a complimentary service to our workplace clients, we manage the refresher training process for you, ensuring that when the time comes, your team is able to access refresher training to keep their skills current.

You'll also have access to your own reporting portal to monitor the roll-out of the training as well as the results, making it easy to track who's been trained, their results and when they'll need to do their refresher training.

We make the whole process easy, from start to finish.

Supporting your MHFA Officers

If you have nominated MHFA officers (MHFAiders) in your workplace, we can help support them throughout the year.

We offer complimentary webinars for MHFAiders as well as discounted access to our coaches for support should they need it. Of course, if they were trained in MHFA by us, this support is totally free.

We can provide support to establish your MHFAider network and to write your workplace MHFAider policies, procedures and position descriptions.

Bespoke workplace learning

Sometimes an off-the-shelf course or program isn't the best fit for what you need. We invite you to work with our experts to create a customised program that addresses your specific requirements.

With our range of expertise, we can deliver training and development focussing on topics such as:

- Communication skills
- Conflict management
- Change management
- Leadership skills development
- Coaching skills
- Psychological safety
- ...and more

Contact us for a complimentary discussion about your training and learning requirements.

Small business Employee Assistance Program (EAP) Service

As employers, we are legally obliged to provide a safe workplace, and this includes supporting the mental health of our teams.

If you've thought about implementing an Employee Assistance Program (EAP) in your business, but have been shocked by the costs, it's worth getting in touch with us.

It's our belief that seeing a coach or a counsellor should be as commonplace – and as easy and accessible – as seeing a GP. And we believe that every employee, in every business, should have access to an EAP service when they need it.

With a simple and low-cost model, you can provide your team with access to our coaches and counsellors when they need it.

We specialise in EAP services for small and micro businesses. Get in touch with us to find out more.



Our Team

Lead by our founder and lead coach Nick McEwan-Hall, our network of coaches, counsellors, workplace wellness experts, facilitators and leadership experts are ready to help you achieve what you want to achieve, whether at home or at work.

Although Nick has operated many businesses and worked in a broad range of roles and industries for many years, The Mental Health Coach was founded in 2019 to specifically focus on delivering MHFA training.

Since then it has grown and flourished into a multi-disciplinary practice, serving the needs of individuals and workplaces across a broad range of specialty areas.

Nick McEwan-Hall

Nick is a passionate and experienced coach, counsellor and facilitator.

With over twenty years' experience in learning and development, Nick has a breadth of experience in the leadership of diverse teams and building high-performing teams using coaching skills as the underpinning methodology.

Nick is well known for his ability to create team engagement and to create learning opportunities for the groups or individuals he is coaching.

He has significant experience in delivering training programs that result in tangible benefits for companies and teams. This experience also extends to coaching and mentoring others to create and deliver their own strategic plans.

A real 'people person', Nick enjoys working with a variety of different people and positions. He actively works to inspire, lead and develop people, increasing their capability and assist them to be the best they can be.

Nick has experience coaching people in all areas of life, and in all levels of management, with a particular enthusiasm for coaching those who are new to leadership, those who recently 'stepped up' into a new leadership role or those who are looking to take their next step in leadership.

When working in a counselling or mental health coach capacity, Nick is known for his person-centred approach, underpinned by care, empathy, qualifications and lived experience.

Qualifications

- International Coach Federation – Associate Credentialed Coach (ACC)
- Diploma of Counselling
- Principal Master Instructor for Mental Health First Aid courses
- Certificate IV in Training and Assessment
- Accredited DISC Advanced consultant
- Accredited Strengthscope practitioner

In his spare time, Nick enjoys travelling, the arts and walking his dog. Nick is also a volunteer Puppy Raiser for Guide Dogs Australia.



Connect with me on LinkedIn



Visit our website for profiles of our whole team.

Organisations we've worked with

We work with all kinds of businesses, from micro businesses with just a few staff, to large multi-nationals.

Get in touch with us to see how we can help you achieve your workplace mental health goals.





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