

Mental health concerns us all!



9 out of 10 people know someone who has mental health problems and would like to help. Many don't know how. You can change that - learn the 5 steps of Mental Health First Aid now!

- R** Respond: approach, assess and assist
- O** Offer a non-judgemental ear and communicate openly
- G** Give support and information
- E** Encourage appropriate professional help
- R** Rev up the resources

You can help!
More info about
company courses



1 Why ensa?

Mental problems and crises are part of our everyday life. The aims of ensa, the Mental Health First Aid Program, are:

- De-stigmatizing mental illness.
- Timely recognition of psychological difficulties in people close to you. The earlier the better!
- Empowering lay people to approach those affected and offer help.

Mental health disorders also affect the Swiss economy:

One in two employees will experience signs of stress, burnout or other crises at some point in their working lives. 2 out of 3 employees do not get the support they need.

When mental health suffers, work performance does too. This can lead to long term absence and even job loss.

Mental health concerns us all. What it can mean for companies:



References can be obtained from Pro Mente Sana upon request.

2 What helps?

Early detection, response and action.

In ensa courses, we empower lay people to support people with mental health problems in the right way and encourage them to seek professional help.

3 What can you do?

Invest sustainably in mental health. Train your employees to become ensa first aiders. **Our recommendation:**

- 1. Commitment from top management**
Cover the training costs for ensa first aid courses until at least 20% of the workforce is trained in handling mental health issues in the workplace.
- 2. ensa Mental Health First Aid conversations for managers (3.5h)**
- 3. ensa Mental Health First Aid course for employees (12h)**
- 4. ensa Mental Health First Aid course focus on apprentices for vocational trainers (14h)**
- 5. Confidential and competent advice for everyone**
Following the ensa courses, Pro Mente Sana's interdisciplinary offer enables anonymous counselling for your employees by specialists from outside your organisation.





ensa First-Aid Course Focus Adults

ensa first aid course for dealing with adult mental health problems. This course is available as webinar or face-to-face course, it empowers laypersons to approach adults with mental health difficulties, to helpfully assist them and to encourage them to seek professional help.

In several sections, the course teaches the basics of first aid for mental health and provides practical practice in conducting first aid conversations. The aim is not to diagnose or treat, but to support those affected in accessing professional help. The effect of ensa first aid courses has been empirically proven.



Course overview ensa First-Aid Course Focus Adults

Costs	CHF 480.- per person up to 20 persons
Sprachen	German, French, Italian, English
Languages	Classroom course or webinar
Course duration	12 hrs. with 4 sessions à 3 hrs
Duration for Webinar	14 hrs. with 7 sessions à 2 hrs.
Participants	Max. 20 and min. 12 participants
Completion	Online exam and certificate
Target group	Target group: employees, relatives, interested persons



Course content

- Learning the basics of mental health disorders.
- Learning and practicing practical first aid measures in case of problems and crises
 - Approaching a person in distress
 - Assist, support and inform them
 - Know how to encourage professional help
- Practice and learn the 5 steps of first aid for mental health according to ROGER through practical role plays
- Online final exam and first aider certificate



ensa First-Aid Course Focus Youth

The ensa First Aid Course Focus on Youth is aimed at adults who want to provide first aid to young people entrusted to their care in case of psychological problems: Parents, teachers, school social workers, youth group leaders, vocational trainers, junior coaches and many more.

The ensa First Aid Course Focus on Youth provides practical basic knowledge about the most common mental illnesses and crises of young people. Participants learn how to recognize problems in time, how to respond to them in a non-judgmental way, how to support those affected, and how to encourage them to seek professional help. The effectiveness of ensa first aid courses has been empirically proven.



Course overview ensa First-Aid Course Focus Youth

Costs	CHF 450.- per person up to 20 persons
Sprachen Languages	German, French, English, Italian (2023)
Course duration	Classroom course or webinar
Duration for Webinar	14 hrs. with 4 sessions à 3.5 hrs
Participants	17.5 hrs. with 7 sessions à 2.5 hrs
Completion	Max. 20 and min. 12 participants
Target group	Online exam and certificate
	Target group: vocational trainers, teachers, social workers, parents, youth group leaders, young coaches



Course Content

- Basic knowledge of youth mental health and development and major mental illnesses in adolescence.
- Learn how to provide first aid when a young person has mental health problems:
 - Practice assisting young people in a mental health crisis
 - Learn to support and inform them
 - Know how to encourage professional help
- Practice and learn the 5 steps of first aid for mental health according to ROGER through practical role plays
- Online final exam and first aider certificate



ensa First-Aid Conversations for Managers

With ensa first aid conversations, managers can recognize signs of mental health problems in the early stages and respond to them at an early stage. The earlier you talk to those affected, the sooner you can help them.

As a manager, you will learn to pay attention to the health of your employees and to recognize and respond to changes at an early stage. In role plays, you will practice how to conduct first-aid talks. Doing the right thing helps to avoid suffering and high subsequent costs.



Course overview ensa First-Aid Conversations for Managers

Costs	CHF 250.- per person up to 20 persons
Sprachen	German, French, English
Languages	Classroom course or webinar
Course / Webinar duration	3.5 hrs
Participants	Max. 20 and min. 12 participants
Completion	Certificate of participation



Course Content

- Mental health in the workplace
- Mental health in your organization and within your team
- Mental health of your employees
- Recognizing signs of mental health problems at an early stage
- Practice first aid talks with employees in role plays and discussions