

About the Well-being First Responder Programme

Developed to meet the competency standards detailed in the National Mental Health Competency Training Framework, the Well-being First Responder (WFR) programme equips learners with mental health literacy, self-care skills, and the knowledge to provide psychological first aid and support to individuals in need. Each organisation will get a S\$400 sponsorship, which will fully subsidise the programme fee.

Below are the reasons why organisations should sign up for the WFR programme:

- A certification of completion (valid for three years) for all learners;
- S\$400 sponsorship for each organisation, which will fully subsidise the programme fee;
- Six months of post-training support with exclusive invitations to various talks;
- Priority progression to WFR Tier 2 programme;
- Complimentary invitation to Well-being Champions Network's engagement events;
- Complimentary Well-being Champions Network's platform onboarding webinars;
- Support in the setup and facilitation of Company WFR circles;
- Exclusive access to coaching for trained WFRs; and
- Visible recognition on the Network.

To understand more on or to sign up for the WFR programme, please visit https://share.hsforms.com/1RJ_Nr9zISGChFCF46-nPGggpss3.