

Course content

The Standard MHFA course teaches members of the public how to assist someone who is developing a mental health problem or in a mental health crisis.

Developing mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

Mental health crises covered:

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

Participants will learn real skills to assist people with mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course format

This is a 12-hour course (4 modules, each 3 hours). The delivery format is completely FLEXIBLE, we will adjust to suit you.



More information

For more information contact:

David Moran
0402 749 850
david@mentalhealthpartners.com.au

Deb Gleeson
0488 427 575
deb@mentalhealthpartners.com.au

www.mentalhealthpartners.com.au



Why mental health first aid?

Mental health first aid teaches adults how to assist people who are experiencing a mental health crisis or developing a mental health problem.





What is mental health first aid?

Mental health first aid is the help given to someone developing a 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.

What is the Standard Mental Health First Aid course?

The Standard Mental Health First Aid (MHFA) course is based on the international MHFA guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

Where can the courses be held?

We will conduct the training wherever you want.

Upcoming MHFA courses

We have various options available, please fill visit: <http://www.mentalhealthpartners.com.au/courses/upcomingcourses> or call 0402 749 850 to discuss.

Our instructors

All our instructors are fully licensed by MHFA Australia, we always train with a two person team. We offer you the chance to meet the instructor before training.

Who can attend a MHFA course?

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course.

About MHFA Australia

The Mental Health First Aid program was developed in 2000 by Betty Kitchener and Prof Tony Jorm and operates within Mental Health First Aid Australia – a national not-for-profit organisation (based in Melbourne) focused on mental health training and research.

The program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in workplace and community settings.

Other courses available

- White Collar E-Learning
- Intellectual Disability MHFA
- First Aid for the Suicidal Person

