MENTAL HEALTH FIRST AID – 2 days

Various dates in Sydney & ONLINE

Email: info@mhfat.com.au

www.mhfat.com.au

Learn how to provide mental health first aid to friends, family members, co-workers and other adults.

The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

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

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

Note: This course is not a therapy or a support group

MENTAL HEALTH
First Aid Trainer
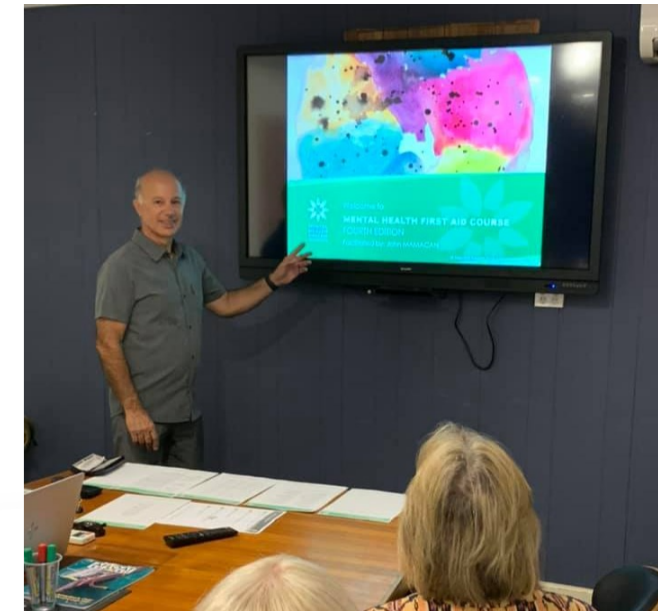
What is the format?

This is a 12-hour course which is usually delivered as either a 2-day training package (6 hours per day), or as 4 separate modules (3 hours each).

Why attend and MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

Who can attend this course?
Any adult can attend.

Our Trainers

All trainers are experienced accredited Mental Health First Aiders.

How do I sign up?

email **info@mhfat.com.au**

For more information visit our website **www.mhfat.com.au**

MENTAL HEALTH FIRST AID
Australia