

## Mental Health First Aid

The 12-hour Mental Health First Aid course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.

What is the Mental Health First Aid course?

This course has been widely evaluated in research trials conducted by MHFA Australia and independent organisations. These evaluations consistently show that participants who complete the course have improved knowledge of mental illnesses and their treatments, knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness, benefits which are maintained over time. Some studies have also shown improved mental health in those who attend the training, decreases in stigmatising attitudes and increases in the amount and type of support provided to others.

Course Content

Course participants learn about the signs and symptoms of the common and disabling mental health problems, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crisis situations covered are:

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

Course Format

This is a 2 day (12-hour) course. Course participants receive a copy of the Standard MHFA Manual to keep and a certificate of completion.



## Course Units

(MHFA) Mental Health First Aid

## Mental Health First Aid

### Upcoming Courses

#### January 2019

Date	Course	Start time	Finish time	Location
Fri 25	Mental Health First Aid	9:00AM	More than 1 day	Sunshine

#### February 2019

Date	Course	Start time	Finish time	Location
Wed 06	Mental Health First Aid	9:00AM	More than 1 day	East Geelong

#### March 2019

Date	Course	Start time	Finish time	Location
Fri 01	Mental Health First Aid	9:00AM	More than 1 day	Sunshine