


TO MAKE A BOOKING OR FOR  
FURTHER INFORMATION

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## MENTAL HEALTH FIRST AID®

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*Mental Health First Aid* teaches participants how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in adults
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Know the barriers to help-seeking and how to overcome these
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Apply self-care practices as a Mental Health First Aider

This course covers common and disabling mental health problems and crisis situations. Participants learn how to apply mental health first aid to adults across a range of situations, including:

- Depression
- Anxiety
- Psychosis
- Substance-use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non-suicidal self-injury
- Traumatic events

Those who complete the course and a short assessment become accredited for 3 years as *Mental Health First Aiders (MHFAiders)*, equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

This two-day course is recognised by Suicide Prevention Australia as a safe, high-quality, and effective suicide prevention program.

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