

## **This 12-hour Course teaches adults how to provide mental health first aid to friends, family and co-workers.**

*Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or 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. Curriculum content is evidence-based, with the input of mental health professionals, researchers and consumer advocates.

#### **Course Content**

The SMHFA course teaches adults how to provide initial support to adults who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or mental health crises:

#### **Developing mental health problems**

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

#### **Mental health crises**

- 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 the signs and symptoms of 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 with flexible delivery. Course participants receive a copy of the SMHFA Manual and are eligible to become an accredited Mental Health First Aider.

### **Who can attend a SMHFA course?**

Any interested adult can attend, there are no prerequisites for this course.

### **Why attend a SMHFA Course?**

As a participant you will gain improved knowledge of mental illnesses and their interventions, knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with a mental health problem.

### **How do I sign up for a course?**

Upcoming courses are listed on our website, and are often available Australia wide.

If you wish to book a course for a workplace, community or have queries, you can search for an Instructor on our website to discuss your needs.

### **Become an Accredited Mental Health First Aider**

Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.

### **Other MHFA Courses for helping adults**

#### **MHFA FOR ABORIGINAL AND TORRES STRAIT ISLANDERS (14-HOUR)**

How to assist Aboriginal and Torres Strait Islanders who are developing a mental health problem or experiencing a mental health crisis.

#### **MHFA FOR THE SUICIDAL PERSON (4-HOUR)**

How to assist a person experiencing suicidal thoughts and behaviours.

#### **OLDER PERSON'S MHFA (12-HOUR)**

How to assist a person aged 65 years and older.

#### **BLENDED MHFA FOR THE WORKPLACE**

Designed for workplaces that require flexibility (eLearning and 4-hour face-to-face workshop).