



# MENTAL HEALTH FIRST AID



## WHAT IS MENTAL HEALTH FIRST AID TRAINING?

**Mental Health First Aid (MHFA)** courses teach mental health first aid strategies to members of the public. MHFA is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem, or in a mental health crisis. The first aid is given until appropriate professional help is received, or the crisis resolves.

Course content is derived from a number of consensus studies incorporating the expertise of hundreds of researchers, clinicians, mental health consumer advocates and carer advocates across the English-speaking western world.

Course participants will receive a free copy of the MHFA Manual and are eligible to become an accredited Mental Health first aider.

Ask our team today how you can book this workshop and receive handbook with the tools, practices and strategies that go with the disciplines below, to start taking control of your wellness.

## WHAT TOPICS ARE COVERED IN MHFA?

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.

- ◆ Depression
- ◆ Anxiety problems
- ◆ Psychosis
- ◆ Substance use problems

## EVALUATION AND EFFECTIVENESS

Mindfull Aus has now trained up **300+** Adults in Mental Health Accreditation training with 95% of participants getting their accreditation as well as **99%** of participants fulfilling both days of training required. All courses in 2020 have been at capacity (**24**) maximum.

## WHO CAN ATTEND?

**Anyone interested can attend.**

Please note this course is not a therapy or support group, rather it is an education course to learn how to give help and support to others. Increase your understanding and knowledge for mental health challenges.

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.



## WHAT THE COURSE COVERS?

The course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, 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
- ◆ Eating disorders

### 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

All MHFA Courses teach how to give the mental health first aid using the MHFA Action Plan ALGEE.

## YOUTH MENTAL HEALTH FIRST AID TRAINING

(For people who work with Adolescents)

**The Youth Mental Health First Aid Course** is for adults working or living with adolescents (those aged between 12 and 18 years), however, the course can be relevant for those helping people who are a little younger or older. This course is particularly suitable for parents, teachers, sports coaches, and youth workers.



# EMPOWERING OUR YOUTH TODAY, SO THEY CAN ENJOY A BETTER TOMORROW.

Our purpose at Mindfull Aus is to encourage those in high risk areas of Australia to put wellness back into their own hands. Our success derives from equipping those individuals with skills, strategies and techniques to ensure that they not only get-by and cope, but learn to live and lead healthy, happy and fulfilling lives.



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