

# Standard Mental Health First Aid

The Standard Mental Health First Aid course 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.

Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.



## Intervene early

Recognise the warning signs of mental health problems in other adults.



## Offer support

Learn the skills to speak openly and accurately about mental health.



## Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.



## Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health problems.

## What you'll learn

Learn how to apply mental health first aid to adults across a range of common mental health problems and crisis situations, including:

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

## Why attend a Standard Mental Health First Aid training course?



### Improve knowledge

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



### Improve confidence

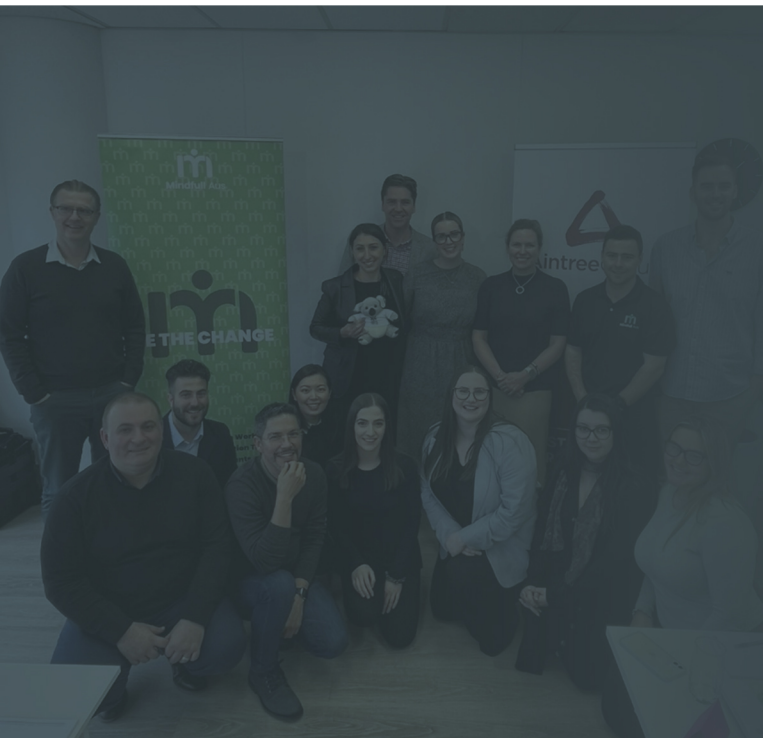
Course participants report improved confidence in providing first aid to individuals.

## Become an MHFAider

Adults who complete the course become 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.

Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.

**Anyone can have a conversation that may save a life. Everyone should know how.**



## Duration & Format

The 12-hour course can be delivered in 1 of 3 ways:



### Face-to-Face

2 x 6-hour sessions over 2 days



### Blended Face-to-Face

Self-paced eLearning (5-7 hours), followed by a 4-hour face-to-face session



### Blended Online

Self-paced eLearning (5-7 hours), followed by 2 x 2.5-hour video conferencing sessions

**All sessions are led by a Mental Health First Aid Australia trained and Licensed Instructor**



## Learning Outcomes

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
- ✓ 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 Adder.

## Suitability

Suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.

**Take the next step**  
to discuss your training needs

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OR contact us at: [admin@mindfullaus.org](mailto:admin@mindfullaus.org)