

# 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.

Using a practical, evidence-based action plan, course participants learn how to approach someone they are concerned about and initiate a conversation about those concerns. Participants also learn how to offer initial support and information and how to encourage the person to seek professional help or other supports.

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.

## 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

**Blended Online:** Self-paced eLearning (5-7 hours), followed by 2 x 2.5-hour video conferencing sessions  
All sessions are led by an MHFA trained and Licensed Instructor.

**COST \$308 inc. GST**     **VENUE Online**

**DATE OPTION 1: 23 & 25/07/2024, 10am to 12:30pm** *(must attend both dates)*

**DATE OPTION 2: 13 & 15/08/2024, 10am to 12:30pm** *(must attend both dates)*

**TO REGISTER:** (please specify dates: Option 1 or 2)

**Email:**            [training@lifelinecentralwest.org.au](mailto:training@lifelinecentralwest.org.au)

**Phone:**            **1300 798 258**



## MENTAL HEALTH FIRST AID (Blended Online MHFA Community) Registration

<b>Participant Name:</b>  <b>Email:</b> (Either private email or work email)  <b>Mobile:</b>	
<b>Organisation details:</b>	Name: Address: Phone:
<b>Date of MHFA course</b> <b>Please select one:</b>	<input type="checkbox"/> Tuesday 23rd & Thursday 25th July 2024, 10:00am to 12:30pm on both days (course code: 24019BMHFA)  <input type="checkbox"/> Tuesday 13th & Thursday 15th August 2024, 10:00am to 12:30pm on both days (course code: 24021BMHFA)
<b>Course location:</b>	Virtual classroom via Teams
<b>Course Cost:</b>	\$308 (GST inclusive)
<b>Date:</b>	
<b>Signature:</b>	
<b>Payment Method:</b>  If paying by Business Invoice, please indicate details of business	Direct Debit/ Credit Card/Business Invoice