

# Standard Mental Health First Aid (two-day course)

A Mental Health First Aid (MHFA) course delivered by Mind Australia Limited

## Who is this course for?

This course has been designed for adult members of the general public.

## Course overview

Mental Health First Aid teaches individuals how to assist someone who is developing a mental health problem or is in a mental health crisis until appropriate professional treatment is received or until the crisis resolves. Learn the signs and symptoms, where and how to get help and what sort of help has been shown by research to be effective

Mental health concerns covered include:

- depression
- anxiety problems
- psychosis
- substance use problems.

The course teaches first aid for mental health crises which include:

- 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.

The course content, language and actions recommended are in accordance with international Mental Health First Aid Guidelines developed using the consensus of expert panels of mental health consumers, carers and professionals from developed English-speaking countries. The course uses updated statistical information on mental illness in Australia and incorporates the latest evidence on treatments and services available.

## Facilitator

Mind is one of the country's leading community-managed specialist mental health service providers. We offer high-quality professional development courses on a range of topics to health professionals, organisations and the general public.

This course is run by an Accredited MHFA Instructor who has qualifications in Mental Health.

## Cost

Full Fee \$250 Concession \$150

*(Concessions are available for holders of a Health Care Card, which must be produced at the course.) Prices listed are subject to change.*

Course fees includes:

- all workshop materials
- catering

**[mindaustralia.org.au](http://mindaustralia.org.au)**

Mind Connect 1300 286 463

Carer Helpline 1300 554 660



Mind Australia Limited ABN 22 005 063 589



## Dates for 2019

Monday 15 and Tuesday 16 April

Monday 3 and Tuesday 4 June

Monday 9 and Tuesday 10 September

Monday 25 and Tuesday 26 November

## Times

9:30 am – 4:00 pm

## Venue

86-92 Mount Street, Heidelberg VIC 3084

## To secure a place

You will need to buy a ticket via Eventbrite – just click the link for your preferred date below:

April 2019

[Buy a ticket](#)

June 2019

[Buy a ticket](#)

September 2019

[Buy a ticket](#)

November 2019

[Buy a ticket](#)

## Certificates

Participants will receive a certificate of completion at end of course.

## Terms and conditions

See the course details on the Eventbrite site.

## Any questions?

Contact us on 03 9455 7923 or [learning@mindaustralia.org.au](mailto:learning@mindaustralia.org.au)