

# 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.*



## Dates for 2018

Tuesday 15 and Wednesday 16 May  
Tuesday 10 and Wednesday 11 July  
Tuesday 7 and Wednesday 8 August  
Wednesday 24 and Thursday 25 October

## Times

9:30 am – 4:00 pm

## Venue

86-92 Mount Street, Heidelberg VIC 3084

## To secure a place

[Click here](#) for a link to Eventbrite to enrol and pay or go to <https://www.eventbrite.com.au/> and search for Mind Australia to find the course.

## Registration includes:

- light lunch
- all workshop materials and handouts
- 140-page course manual.

## 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)

[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