

# Mental Health First Aid Training

Standard MHFA | Youth MHFA | Teen MHFA | Older Person MHFA | Aboriginal and Torres Strait Islander MHFA

Mental illness is defined as “a diagnosable illness which affects a person’s thinking, emotional state and behaviour, and disrupts the person’s ability to work, carry out normal daily activities, and engage in satisfying relationships”.

## Learn Practical First Aid Skills

The Mental Health First Aid programme certifies participants as mental health first aiders in the workplace. Participants do not become qualified to diagnose and treat mental illness; however they are provided with practical information about key mental illnesses so they can identify risks in the workplace, and provide assistance if someone is experiencing a mental health issue.

The Mental Health First Aid course offers a first aid process for non-crisis intervention which can be applied to someone experiencing any of the following:

- Depression
- Anxiety
- Psychosis
- The effects of an alcohol or substance use problem.

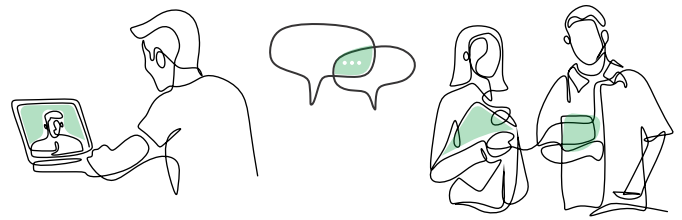
The Mental Health First Aid course also provides a process for dealing with crisis situations aligned to the above four categories. These crises include:

- Suicidal thoughts, feelings or behaviours
- Panic attacks
- Severe psychotic episodes
- Traumatic events
- High levels of intoxication (sometimes with aggressive behaviour).

## Become a Mental Health First Aider

The Mental Health First Aid course is a highly interactive programme with DVDs, workshop exercises, group discussions and informative material content.

*Run over two days, I personally learned that nearly everything I had done or thought in the past about Mental Health, though well intentioned, was wrong!  
I would recommend the course, not just for Managers, but for all people.*



## Key Outcomes from Training

- Improved confidence and skill when dealing with mental health issues in the workplace
- A greater awareness of mental health and reduced stigma about mental illness
- Better promotion of mental health in the workplace;
- Your business now has access to a group of passionate subject matter experts (the mental health first aiders) who can be “go-to” contacts for any employees who are struggling with stress overload or the emergence of a mental health problem
- A nationally recognised certificate qualification as a Mental Health First Aider, provided by Mental Health First Aid Australia
- Participants also receive a Mental Health First Aid manual.

## Refresher Training

At the end of a three-year period a refresher training programme is required to maintain Mental Health First Aider certification. The refresher programme is a condensed version of the full training programme paying particular attention to revising skills and updating participants with any new research and mental health practices. The refresher programme can be facilitated over a half-day workshop either face to face or online.

## For more information

Contact: +61 2 7228 7914

Email: [healthwellbeing@hseglobal.com.au](mailto:healthwellbeing@hseglobal.com.au)



## Delivery Methods



**Face to Face:** 2 day programme with a maximum 20 participants.



**Blended:** Half day face to face and 5-7 hrs online self paced learning. A minimum of 6 and maximum of 12 participants.



**Online:** 2 x 2.5 hrs online facilitated programme via video conference and 5-7 hours of self paced online learning. A minimum of 6 and maximum of 12 participants.

**Making a Difference Every Day**

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