



ST JOHN  
AMBULANCE  
AUSTRALIA INC.  
TOID 88041

# MENTAL HEALTH EMERGENCY FIRST AID

Mental health issues are becoming more and more common and First Aiders are being called upon to help with colleagues, friends, family and members of the public.

This nationally-recognized and comprehensive course is relevant to a wide range of people and provides the learner with essential skills and confidence to recognise and help with a range of mental issues such as depression, anxiety, suicide, and addiction.

## COURSE DURATION

A 1-day course consisting of face-to-face training and in-depth e-learning.

The face-to-face training focuses on developing strong skills in identifying and managing a wide range of mental health-related first aid situations.

## CERTIFICATE

On successful completion of this course you will be issued a statement of attainment in:

- CHCCCS019 Recognise and respond to crisis situations

## COURSE OUTLINE

This course covers the following:

- Why do we need first aid for the mind?
- What is a mental disorder?
- Myths and realities
- Action Plan
- Recognising many developing mental health conditions such as: anxiety, depression, bipolar, suicide, trauma and stressors, schizophrenia and psychotic, eating disorders, substance abuse/addiction, personality disorders, obsessive compulsive.
- Responding to mental health crisis situations.

## ASSESSMENT METHODS

A successful outcome for this statement of attainment will be determined by a range of different assessment methods including written assessment, observation of simulated and practical activities etc.

You will be required to demonstrate CPR on a manikin on the floor.

## ENTRY REQUIREMENTS/PREREQUISITES

There are no entry requirements or prerequisites to undertake this training.



## MENTAL HEALTH EMERGENCY FIRST AID

### LOCATIONS

St John delivers first aid courses nationally and across many locations in Australia. Choose the location to suit your needs.

- PUBLIC At a venue near you.
- CUSTOMISED On-site consultation.
- ONSITE At a venue of your choice.
- ONLINE Training delivered online from our E-Learning platform.

### DELIVERY BY ST JOHN'S RTO PARTNERS

St John Ambulance Australia's courses are delivered by way of partnership agreements (e.g. with State/Territory St John Ambulance organisations). In a formal agreement, our partners are authorised to deliver training on behalf of St John Ambulance Australia Inc. (TOID 88041).

Our partners' contact details are available from [www.stjohn.org.au](http://www.stjohn.org.au) or call 1300 ST JOHN.

### PARTICIPANT'S HANDBOOK

For more information about completing a course with St John Ambulance Australia, including complaints, appeals and privacy information, download the Participant's Handbook from [www.stjohn.org.au](http://www.stjohn.org.au). We actively tailor training for people from diverse backgrounds and abilities and encourage all to apply.

For more information on this course, contact the St John Ambulance Australia Training Office in your area. **1300 ST JOHN (1300 785 646)** [www.stjohn.org.au](http://www.stjohn.org.au)

