



# MENTAL HEALTH FIRST AID AUSTRALIA

The 2 day Mental Health First Aid course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis. The course curriculum is based on the Mental Health Guidelines and is accredited by Mental Health First Aid Australia.

## COURSE DURATION

2 day Standard Mental Health First Aid course

## CERTIFICATE

Course participants receive a copy of the Standard MHFA Manual, information guides and handouts, and a Certificate of Completion.

## COURSE OUTLINE

This course covers the following:

This evidence based course covers how to identify and assist those who may be experiencing issues with their mental health. Course participants learn about the signs and symptoms of common and disabling mental health conditions how to use a systematic approach to effectively assist those who are experiencing a mental health crisis. It also covers what help has proven to be effective in treating and managing mental health conditions and how and where to access professional help.

Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

All MHFA Courses teach how to give the mental health first aid using the MHFA Action Plan ALGEE.

**VISIT:**  
<https://mhfa.com.au>



**MENTAL  
HEALTH  
FIRST AID**  
Australia



## OUR FACILITATORS

Our facilitators for this course are fully accredited with MHFA Australia, and are required to maintain their accreditation through regular development and course delivery.

## WHO CAN ATTEND

Any interested adult can attend. Please note this course is not a therapy or support group, rather it is an education course to learn how to give first aid to others.

## CPD

Most professionals can claim attendance at a MHFA course for Continuing Professional Development (CPD) with their industry body.

Participants with a language or literacy difficulty or other special needs should inform the training support staff or trainers so appropriate assistance can be arranged.

## 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)

