

Private Courses

Private First Aid Courses are available for both Business and Industry. Courses are tailored to a specific customer group and can be completed at the customer's location or at a St John (NT) venue.

For further information regarding private courses, please call our Training Department on 8922 6221 (Northern region) or 8959 6640 (Southern region) or email us at training@stjohnnt.asn.au

Terms & Conditions are available on our website at www.stjohnnt.org.au/img/documents/course-infosheet/student-handbook.pdf

More Courses Available through St John Ambulance

HLTAID001 Provide Pulmonary Resuscitation

HLTAID002 Provide Basic Emergency Life Support

HLTAID003 Provide First Aid

HLTAID004 Provide an Emergency Response in an Education & Care Setting

HLTAID005 Provide First Aid in Remote Situations

HLTAID006 Provide Advanced First Aid

HLTAID007 Provide Advanced Resuscitation

*delivered in partnership with St John Ambulance Australia RTO 88041



Why Train with St John Ambulance?

St John Ambulance NT is a self-funded charity organisation dedicated to helping those in sickness, distress and/or suffering.

Our first Aid training is proudly delivered by a team of qualified trainers who aim to make your training experience enjoyable, relevant and a valued learning opportunity.

Monies raised through First Aid Training courses as well as First Aid kit and equipment sales, help fund the important work that our Volunteers do within our communities by providing vital First Aid services at public events and by undertaking community services across the Territory to those in need.

By supporting St John Ambulance, you are helping to give back to your community.

First Aid for the Mind



First Aid for the Mind focuses on mental health issues in every-day situations.

Using a combination of instructor presentations, video, face-to-face scenarios and workshopping, this course has been designed around day to day interactions and is ideal for front line staff as well as management.

This course has been designed to suit a wide audience including government and private sector employees, volunteer organisations, emergency services and private clients and communities across the Northern Territory.

**Ambulance
+ more**
First Aid for all Territorians

First Aid for the Mind

Standard Course Duration (2 days)

Please see our website for up to date pricing and course dates www.stjohnnt.org.au/training

Course Overview

We've been learning how to provide first aid for physical injuries and illness for many years but often neglect mental health.

With mental health issues becoming more prevalent, first aiders at work and at home are now being called to help with conditions related to the mind.

Mental health issues can be difficult to recognise and frightening to deal with. Early recognition and intervention can be the key to effectively assisting in mental health.

Our courses are delivered by experienced professionals who can give you the skills required to recognise the signs of mental disorders early, effective strategies to assist, and the confidence to use them.

Using a combination of instructor presentations, video, face-to-face scenarios and workshopping, this course has been designed around day to day interactions and is ideal for any frontline staff and management.

Entry Requirements

No prior learning is required and all are welcome to undertake this training.



This Course Covers

- ✓ What is a Mental Disorder
- ✓ Diagnosis
- ✓ Issues in Mental Health
- ✓ Support Communication
- ✓ Anxiety Disorders
- ✓ Depressive Disorders
- ✓ Suicide Support
- ✓ Non suicidal self-injury
- ✓ Obsessive-compulsive and related disorders
- ✓ Trauma- and stressor-related disorders
- ✓ Psychotic disorders
- ✓ De-escalation techniques
- ✓ Feeding and eating disorders
- ✓ Substance-Related and Addictive Disorders
- ✓ Personality disorders
- ✓ Looking after yourself – care for the carers

Award

On completion of the First Aid for the Mind course you will be issued a Statement of completion.

Course Times

Courses are run between 8.30am – 4.00pm

Course Dates

For available course dates and to book, please visit our website at www.stjohnnt.org.au/trainingbooking-enquiry

Training Locations and Contact Details

Casuarina

Casuarina Ambulance Centre,
50 Dripstone Road | PO Box 40221 Casuarina NT 0811
Tel 08 8922 6221 | Fax 08 8922 6232

Alice Springs

Alice Springs Ambulance Centre
Allchurch Street | PO Box 2609, Alice Springs NT 0871
Tel 08 8959 6640 | Fax 08 8959 6654

Palmerston

Palmerston Volunteer Centre
Cook Street, Palmerston

Parap

Parap Ambulance Centre
57 Ross Smith Avenue, Parap

St John also conducts public courses in **Nhulunbuy, Katherine and Tennant Creek**. For information on your training location in these areas, please consult your course confirmation letter