

Crisis Support and Response (1 Day)

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

This nationally recognized and comprehensive 1-Day course with on-line pre-course learning 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.

- **CHCCCS019** Recognise and respond to crisis situations

COURSE DURATION:

St John offers the following delivery options:

- 1 day (face to face workshop with pre-work): Participants are required to undertake online e-learning module prior to attending the face-to-face workshops for practice and assessment.

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 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.

More Information:

For more information about this course or to book a private session, please contact:

Website: www.stjohnnt.org.au

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