

# Mental Health First Aid Course

Virtual delivery is blended e-learning of 5 hrs content  
Plus 2 x 2.5hr (with breaks) of virtual interactive workshops  
OR Choose in-person delivery in a two day workshop

with Bill Carson - Certified Principal Master Mental Health First Aid Instructor

“Equip yourself with a practical, evidence-based action plan.

If crisis strikes, do you know how to help?”

## Mental Health First Aid Workshop

Learn how to provide initial support to people who may be experiencing a mental health problem or crisis, until professional help is received or the crisis resolved

With 1 in 5 Australian adults experiencing a common mental illness each year, it's likely there is a member of your team who is suffering right now. Separate out the performance issues from the personal issues.

## This course is not a therapy or support group

It is based on guidelines developed through the expert consensus of people with lived experience of mental health problems, and professionals.

### Mental Health Problems Covered

- Depression
- Anxiety
- Psychosis
- Substance Abuse

### Mental Health Crises Covered

- Suicidal thoughts & behaviours
- Non-suicidal self-injury
- Panic attack
- Traumatic events
- Severe psychotic states

*“Excellent - a course that as many people as possible should be doing. Should be mandatory in all workplaces to have mental health first aid officers.” - Pia*

## Key Outcomes

**Make a real difference at work. Help your people be their best.**

- Improves knowledge of mental illnesses, treatments and first aid actions
- Increases confidence in providing mental health first aid.
- Decreases stigmatising attitudes and increases awareness.
- Increases the valuable support provided to others.

## Your Tools

- You become an Accredited Mental Health First Aider after completing an online assessment following our Workshop.
- You receive an up-to-date manual of evidence-based practices
- You will also receive additional resources to assist you in implementing MHFA in your workplace.

*Confidence*