



 **MENTAL HEALTH FIRST AID Australia**

BECOME A MENTAL HEALTH FIRST AIDER
to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

Adult – Mental Health First Aid

Course Overview

This non-accredited course, approved by Mental Health First Aid Australia (MHFAA) provides a valuable opportunity to learn how you can support friends, family members, colleagues and others who experience mental health illness. Mental Health First Aid skills based, early-intervention training programs mobilise and empower communities by equipping people with the knowledge and confidence to recognise, connect and respond to someone experiencing a mental health problem or mental health crisis. Make a real difference to people in your community

Target Audience

This course is particularly suited to those who may work in teaching, support and individual care roles either in the workplace or in a community or personal setting.

Benefits

Evaluations consistently show that Mental Health First Aid training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

Learning Outcomes

In this course you will learn about how to:

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation



Course Duration

This course runs for twelve (12) hours or two (2) day consecutive days total.

Entry Requirements

- Must be at least 18 years of age to attend the course.
- Must attend face to face training.

Accreditation & Award

You may undertake one of two pathways to complete your course. On completion of training you will be eligible to receive a "Certificate of Completion". If you choose to undertake and successfully complete an open book assessment you will be eligible to receive a Certificate of Accreditation from MHFA Australia giving their approval of you as a Standard Mental Health First Aider.

Delivery Locations

We deliver this course in the following locations

Batemans Bay

Fees & Funding

This course is \$220. If you would like to find out more about the course, contact us on 02 4472 9202 or email admin@southcoastcolleges.edu.au

