

Mental Health First Aid

(MHFA)



Overview

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.

Aim

What is mental Health first Aid? Mental health first aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

Learning Objective

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Mental health problems covered:

- Depression
- Anxiety
- Psychosis
- Substance use problems

Mental health crisis covered:

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

Format

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course. All instructors of this course are trained by Mental Health First Aid Australia. Qualified, experienced Lifeline Mental Health First Aid Trainers deliver the training.

This is a 10-hour course (4 modules, each 3 hours), delivered across 2 days. Not available as a virtual workshop.

Resources

Comprehensive MHFA Participant workbook. A certificate of attainment will be issued on completion of the four modules.

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