PROFESSIONAL DEVELOPMENT TRAINING

1300 121 400

REQUEST QUOTE

2.0 DAY COURSE

Mental Health First Aid - Certification

The Mental Health First Aid (MHFA) course teaches participants how to provide initial support to someone who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves. Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.

Using a practical, evidence-based action plan, course participants learn how to approach someone they are concerned about and initiate a conversation about those concerns. Participants also learn how to offer initial support and information and how to encourage the person to seek professional help or other supports.

Adults who complete the course become Mental Health First Aiders, equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

This course is recognised by Suicide Prevention Australia as a safe, high-quality, and effective suicide prevention program and is delivered by a Principal Master MHFA Trainer.

What You'll Gain:

Becoming a Mental Health First Aider in your workplace will help you identify an individual who may be experiencing a mental health crisis or problem and have the ability to initiate a conversation that may make a world of difference.

Outcomes

After completing this course, participants will:

- Recognise the signs and symptoms of mental health problems in adults
- Use an evidence-based action plan to initiate a mental health first aid
- Know the barriers to help-seeking and how to overcome these
- Assess for a range of crisis situations and provide initial support

- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Apply self-care practices as Mental Health First Aider

Modules

Lesson 1: Overview of Mental Health

- Understanding Mental Health and Mental Illness
- The Prevalence of Mental Health Problems and its Impact
- The Mental Health Continuum
- Risk Factors for Developing a Mental Illness
- Barriers to Seeking Help
- Professionals who can Help

Lesson 2: The MHFA Action Plan

- Approach, Assess and Assist with any Crisis - Assess the Risk of Suicide or Harm and Look for Signs of Trauma and High Anxiety
- Listen and Communicate Non-Judgmentally
- Give the Person Reassurance, Support and Information
- Encourge the Person to Seek Appropriate Professional Help
- Encourange the Person to Seek Self-Help and other Support Strategies

Lesson 3: Understanding Depression

- Symptoms and Signs
- Bipolar Disorder
- Effective Interventions
- Assisting with Suicidal Thoughts and Behaviours

Lesson 4: Understanding Anxiety

- Symptoms and Signs
- Panic Attacks
- Facts about Traumatic Events
- Effective Interventions

Lesson 5: Understanding Psychosis

- Symptoms and Signs
- Demystifying Psychosis
- Illness where Psychosis can Feature
- Assisting during a Severe Psychotic State
- Effective Interventions

Lesson 6: Understanding Substance Use Problems

- Sympstoms and Signs
- The Biopsychosocial Model of Addiction
- Facts about the use of Alcohol in Australia
- Effective Interventions
- Facts on the Severe Effects of Alcohol and Drug Use

Lesson 7: Investing in Self Care

- The Importance of Self Care

Lesson 8: Conclusion and Certification

- Balancing Stress with Recovery and Down Time
- Understanding Burnout
- A Self Care Action Plan
- Recap Key Learnings and Personal Commitments to Mental Health Support
- Final Online Assessment upon which Participants receive their MHFA Accreditation

Talk to our expert team

Phone: 1300 121 400

Email: enquiries@pdtraining.com.au