



# MENTAL HEALTH FIRST AID IN A COMMUNITY SETTING



**MENTAL HEALTH  
FIRST AID®**  
Australia

Licensed Instructor



Standard Mental Health First Aid in a Community Setting course teaches participants how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

With course materials tailored for the community, course participants learn about the signs and symptoms of common mental health problems in a friend, family member, loved one or another adult, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.

**Duration:** 5 - 7 hours online (self paced)  
plus 5 hours in class

**Delivery mode:** Blended online and in class training

## Entry Requirements

Participants are required to have a reasonable level of verbal and written skills.

## Prerequisites

There are no prerequisite for this workshop.

## Workshop Content

- Recognise the signs and symptoms of mental health problems in adults.
- Use an evidence-based action plan to initiate a mental health first aid conversation.
- Assess for a range of crisis situations and provide initial support.
- Understand the prevalence and impact of mental illness, risk factors and treatments and supports available.
- Apply self-care practices as a Mental Health First Aider.

## Award Issued

A certificate of attendance will be awarded.

No statement of attainment is issued for this Training.

On successful completion of the post-training assessment, certification is issued as a **Mental Health First Aider**.

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