



# STANDARD MENTAL HEALTH FIRST AID



**MENTAL HEALTH  
FIRST AID®**  
Australia

Licensed Instructor



The Standard Mental Health First Aid course equips adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker or another adult experiencing a mental health problem or mental health crisis.

Mental Health First Aid training 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 using a practical, evidence-based Action Plan.

*Note: This course is not a therapy or support group.*

## Entry Requirements

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

## Prerequisites

There are no prerequisite for this workshop.

## Award Issued

A MHFA certificate of Completion will be awarded.

No statement of attainment is issued for this Training. On completion of the course, participants are eligible to complete the MHFA Accreditation exam to be accredited as a Mental Health First Aider.

**Duration:** 2 Days

**Delivery mode:** In class training

## Workshop Content

The course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals. It provides an overview of mental illnesses, risk factors, prevalence, and impact before taking a much closer look at the following mental health problems:

- Depression
- Anxiety
- Bipolar
- Psychosis
- Substance use problems

**THIS IS NON  
ACCREDITED  
TRAINING**

(No Statement  
of Attainment will  
be issued)

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