



**MENTAL HEALTH
FIRST AID®**
Australia

Standard Mental Health First Aid for Tertiary Students

The Standard Mental Health First Aid for Tertiary Students course teaches students how to provide initial support to a peer or other adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Students learn about the signs and symptoms of common mental health problems in students and other adults, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.



Intervene early

Recognise the warning signs of mental health problems in another student or adult.



Offer support

Learn the skills to speak openly and accurately about mental health.



Respond in a crisis

Respond across a range of crisis situations where another student or adult may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health problems.

Why attend a Mental Health First Aid training course?



Improve knowledge

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



Improve confidence

Course participants report improved confidence in providing first aid to individuals.

What you'll learn

Learn how to apply mental health first aid to adults across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non suicidal self-injury
- Traumatic events

Become an MHFAider

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

Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.

**Anyone can have a conversation that may save a life.
Everyone should know how.**



Duration & Format

The 12-hour course can be delivered in 1 of 2 ways:

Blended Face-to-Face	Blended Online
 <p>Self-paced eLearning (5-7 hours), followed by a 4-hour face-to-face session</p>	 <p>Self-paced eLearning (5-7 hours), followed by 2 x 2.5-hour videoconferencing sessions.</p>



All sessions are led by a Mental Health First Aid Australia trained and Licensed Instructor

Mental Health First Aid courses are delivered by a national network of more than 3,000 trained and Licensed Instructors. Individuals or small groups can sign up for a public course near you or online, while larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue.



Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in students and other 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 illnesses, risk factors and treatments and supports available
- Know the barriers to help-seeking and how to overcome these
- Apply self-care practices as a Mental Health First Aider.



The lesson was very informative and I learned a lot of new things. I also felt like it was a safe environment for everyone to share their thoughts and ideas which was great.



Suitability

Suitable for tertiary students aged 18+.



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



Take the next step

Visit our Standard MHFA for Tertiary Students course page at: mhfa.com.au OR contact us at: universities@mhfa.com.au to discuss your training needs.