



**MENTAL HEALTH
FIRST AID®**
Australia

Standard Mental Health First Aid in the Workplace

The Standard Mental Health First Aid® (MHFA®) in the Workplace 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 workplaces, course participants learn about the signs and symptoms of common mental health problems in a co-worker or another adult, 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 other adults.



Offer support

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



Learning Outcomes

Upon completion of this course participants will be able to:

- 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 illnesses, risk factors and treatments and supports available
- Apply self-care practices as a Mental Health First Aider.



Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.



Reduce stigma

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

Duration & Format



Blended Online

Self-paced eLearning (5-7 hours), followed by 2 x 2.5 hour video conferencing sessions

The Standard Mental Health First Aid course is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.

Dates

Times

Cost

Facilitator/s

Venue / Delivery Method

*Costs include course participation and all relevant teaching materials.

To learn more about MHFA training and becoming an MHFAider visit mhfa.com.au

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