



**MENTAL HEALTH  
FIRST AID®**  
Australia

# Conversations about Non-Suicidal Self-Injury Mental Health First Aid

The **Conversations about Non-Suicidal Self-Injury** course teaches participants how to provide initial support to another adult who may be engaging in non-suicidal self-injury, until professional help is received or the crisis resolves.

Course participants learn how to recognise and respond to the person engaging in non-suicidal self-injury, and the interventions and supports available to encourage pathways to professional help.



## **Intervene early**

Recognise the signs that indicate someone may be engaging in non-suicidal self-injury.



## **Offer support**

Learn the skills to speak openly and accurately about non-suicidal self-injury.



## **Respond in a crisis**

Respond to a person engaging in non-suicidal self-injury.



## **Reduce stigma**

Reduce stigma and increase support for people engaging in non-suicidal self-injury.

## **What you'll learn**

Using a practical, evidence-based action plan, 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 to someone engaging in non-suicidal self-injury and how to encourage the person to seek professional help or other supports.

## **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.

## **Duration and format**



Face-to-face



4 hours

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



### 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 that indicate someone may be engaging in non-suicidal self-injury
- Know how to have a supportive conversation with someone who is engaging in non-suicidal self-injury
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Understand the professional resources and supports available for people engaging in non-suicidal self-injury
- Know the barriers to help seeking and how to overcome these
- Know how to recognise signs of and provide initial support to someone who may be at risk of suicide
- Apply self-care practices as a Mental Health First Aider.



**An excellent and relevant PD that will be most valuable. It provided greater understanding of self-harm in a very practical and meaningful way – the tips and role playing of conversations with students was particularly helpful.**



### Suitability

Suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.



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



**Take the next step**

Visit our Conversations about Non-Suicidal Self-Injury MHFA course page at: [mhfa.com.au](https://mhfa.com.au) OR contact us at: [mhfa@mhfa.com.au](mailto:mhfa@mhfa.com.au) to discuss your training needs.