



**MENTAL HEALTH
FIRST AID®**
Australia

Conversations about Suicide Mental Health First Aid

The Conversations about Suicide course teaches participants how to provide initial support to another adult who may be experiencing suicidal thoughts and behaviours, until professional help is received or the crisis resolves.

Course participants learn how to recognise and respond to suicidal thoughts and behaviours, provide support and encourage pathways to professional help.



Intervene early

Recognise the signs that indicate someone may be experiencing suicidal thoughts and behaviours.



Offer support

Learn the skills to have an open, supportive conversation about suicide.



Respond in a crisis

Respond to a person experiencing suicidal thoughts and behaviours.



Reduce stigma

Reduce stigma and increase support for adults experiencing suicidal thoughts and behaviours.

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 experiencing suicidal thoughts and behaviours 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 experiencing suicidal thoughts
- Understand the warning signs and risk factors of suicide
- Know how to support someone who is experiencing suicidal thoughts and behaviours
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Understand the professional resources and supports available for people experiencing suicidal thoughts and behaviours
- Know the barriers to help seeking and how to overcome these
- Apply self-care practices as a Mental Health First Aider.



I found the course incredibly enlightening. With many 'myths' broken down, I now feel I would have the confidence to talk to someone that I could see was troubled, and further, to be able to help them get the support they may need.



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 Suicide MHFA course page at: mhfa.com.au OR contact us at: mhfa@mhfa.com.au to discuss your training needs.