

Standard Mental Health First Aid in the Community Setting

Standard Mental Health First Aid® (MHFA®) in the Community Setting 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 the community, course participants learn about the signs and symptoms of common mental health problems in a friend, family member, loved one or another adult, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.



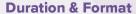
Intervene early

Recognise the warning signs of mental health problems in other adults.



Respond in a crisis

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









Offer support

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



Reduce stigma

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

Blended Online

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



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.

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

Cost

Venue / Delivery Method

Times

Facilitator/s

*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.