Learn Mental Health First Aid

Blended Online Mental Health First Aid Community Course

Each year **1 in 5 Australian adults** experience a common mental health challenge.

Being equipped with mental health first aid skills will enable you to support a friend, family member or co-worker, whether they are developing a mental health challenge or are in a mental health crisis.

You can make a real difference in a person's life - you could even save their life.

The Mental Health First Aid program has been licensed by organisations all over the world. Over 2.6 million people have been trained, with tens of thousands becoming a Mental Health First Aider every year.

What is the Mental Health First Aid course?

You will learn how to assist someone who may be experiencing a mental health challenge or be in a state of crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan.

This course is based on guidelines developed through the expert consensus of professionals and people with lived experienced of mental health challenges.

MENTAL HEALTH FIRST AID Australia

Developing mental health problems:

- Anxiety disorders
- Depression
- Alcohol and drug concerns
- Psychosis

Mental health crises:

- Panic attacks
- Traumatic events
- Self harm
- Suicidal thoughts & behaviours
- Aggressive behaviours
- Severe effects from alcohol and drug use

Course format and cost

The Blended Online Mental Health First Aid course is delivered as two components.

Component 1: A self-paced interactive eLearning course of 5-7 hours that presents an overview of mental health problems and mental health crises.

Component 2: Two instructor-led video conferencing sessions of 2.5 hours. Provides an opportunity for participants to revise and consolidate content covered in the first component and develop practical skills in an online group environment.

Cost: $220 (incl. GST) per participant

Who: Adults aged 18 years and over.

Become an accredited Mental Health First Aider

To register or find out more, visit
helpingminds.org.au/events
email **info@helpingminds.org.au**
or call **(08) 9427 7100**

helpingminds
Mental Health Services & Carer Support

helpingminds.org.au