



LEARN
how to provide
mental health
first aid in your
organisation.

The **Standard Mental Health First Aid** course is a 12 hour course, delivered over 2 days. It will teach employees how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based Action Plan.

Evaluations consistently show that **MHFA** training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

- MENTAL HEALTH PROBLEMS covered**
- Depression
 - Anxiety
 - Psychosis
 - Substance use problems

- MENTAL HEALTH CRISES covered**
- Suicidal thoughts and behaviours
 - Non-suicidal self-injury
 - Panic attacks
 - Traumatic events
 - Severe psychotic states
 - Severe effects from alcohol or other drug use
 - Aggressive behaviours



Daly & Ritchie
LEADERSHIP MENTAL HEALTH



**MENTAL
HEALTH
FIRST AID**
Australia

