

# Mental Health First Aid



## Course Duration Options:

- 12 hours
- 4 hours - refresher

St John References:  
MHFA, MHFAR

## Overview

The 2 day Mental Health First Aid course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis. The course curriculum is based on the Mental Health Guidelines and is accredited by Mental Health First Aid Australia.

Cost: Public course: \$250 (\$230 concession) per individual  
Private (onsite) course with a maximum of 18 participants: \$2600

## Course Content

This evidence based course covers how to identify and assist those who may be experiencing issues with their mental health. Course participants learn about the signs and symptoms of common and disabling mental health conditions and how to use a systematic approach to effectively assist those who are experiencing a mental health crisis. It also covers strategies that have proven to be effective in treating and managing mental health conditions, as well as how and where to access professional help.

Common mental health issues covered include:

- Depression
- Anxiety
- Psychosis
- Substance abuse

Mental health crisis situations covered include:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

All MHFA courses teach how to provide mental health first aid using the MHFA Action Plan, ALGEE.

**Not the right course for you? Contact us to find out about more options.**

## Course Format

This is a 12 hour course, which can be delivered as either:

- A 2 day training package (6 hours per day, either consecutive days or 2 separate days)
- As 4 separate training modules of 3 hours each

We recommend 2 consecutive days for best outcomes, flexibility of this model can be provided.

Course participants receive a copy of the Standard MHFA Manual, information guides and handouts and a Certificate of Completion.

## Who can attend?

Any interested adult can attend. Please note this course is not a therapy or support group, rather it is an education course to learn how to give first aid to others.

## Our Facilitators

Our facilitators for this course are fully accredited with MHFA Australia, and are required to maintain their accreditation through regular development and course delivery.

## CPD

Most professionals can claim attendance at a MHFA course for Continuing Professional Development (CPD) with their industry body.

Participants with a language or literacy difficulty or other special needs should inform the training support staff or trainers so appropriate assistance can be arranged.

## St John Ambulance Australia SA Ltd



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