



# STANDARD MENTAL HEALTH FIRST AID COURSE

MENTAL HEALTH FIRST AID Australia

Pathways Health and Research Centre  
7/88 Boundary Street, West End, 4101.

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## This 12-hour Course teaches adults how to provide mental health first aid to friends, family and co-workers.

*Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.*

### What is the Standard Mental Health First Aid course?

The Standard Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. Curriculum content is evidence-based, with the input of mental health professionals, researchers and consumer advocates.

#### Course Content

The SMHFA course teaches adults how to provide initial support to adults who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or mental health crises:

#### Developing mental health problems

- Anxiety problems
- Psychosis
- Substance use problems.

#### Mental health crises

- 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.

**Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.**

### Course Format

This is a 12-hour course with flexible delivery. Course participants receive a copy of the SMHFA Manual and are eligible to become an accredited Mental Health First Aider.

### Who can attend a SMHFA course?

Any interested adult can attend, there are no prerequisites for this course.

### Why attend a SMHFA Course?

As a participant you will gain improved knowledge of mental illnesses and their interventions, knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with a mental health problem.

### How do I sign up for a course?

Upcoming courses are listed on our website [pathwayshrc.com.au](http://pathwayshrc.com.au). If you wish to book a course for yourself or workplace, community or have queries, simply contact us to discuss your needs. A quote or invoice will be generated.

### Become an Accredited Mental Health First Aider

Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.

### 2019 upcoming dates: West End

FEBRUARY 26th and 27th; 8am - 3pm  
 MARCH 25th and 26th; 8am - 3pm  
 APRIL 29th and 30th; 8am - 3pm  
 MAY 27th and 28th; 8am - 3pm  
 JUNE 24th and 25th; 8am - 3pm

COST: \$295 per person incl. GST

**CORPORATE GROUPS:** We can come to you! Contact us for a quote to deliver MHFA in your workplace.

**CONTACT:** Michelle Hall Lead Facilitator

*Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.*