MENTAL HEALTH FIRST AID® Australia

Standard Mental Health First Aid

The Standard Mental Health First Aid® (MHFA®) 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.

Course participants learn about the signs and symptoms of common mental health problems in adults, 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.

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

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

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

Adults who complete a Standard MHFA course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide mental health information and support when it matters most.

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 7th & 8th August 2025 **Times** 9.00am - 4.30pm

Cost $165 (Members) $265 (Non Memb **Facilitator/s** Ralph Estherby (Principal Master

Venue / Delivery Method Neuma Church - 10 Griffiths Street, Richmond VIC 3121

*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.

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