



# MENTAL HEALTH FIRST AID Australia

## Want to support Mental Health in your Community and Workplace?

*Attend a Blended Standard Mental Health First Aid (SMHFA) course online.*

The MHFA blended online course consists of:

- eLearning package 4-8 hours online training completed in your own time
- 2 x video training sessions (2.5 hours each)

You will learn to assist a person who may be experiencing mental health concerns or crisis until appropriate professional help is received or the crisis resolve's, using practical, evidence-based action plan.

The course is based on guidelines developed through the expert consensus of people with lived experience of mental health concerns and professionals.

**Take the Course,  
Save a Life,  
Support your Community**

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**Additional information:** Please contact us via email for more information or to book in your place on our next available course.

PnP Health PTY LTD

# Mental Health First Aid

## Course Details

Learn about the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

### Topics;

- **Depression and Anxiety**
- **Psychosis**
- **Substance Use problems**
- **Suicidal thoughts and behaviours**
- **Non-Suicidal Self Injury (Self Harm)**
- **Panic Attacks**
- **Traumatic Events**
- **Severe effects of AOD**
- **Aggressive Behaviours**



Blended standard Mental Health First Aid Course online will teach you how to provide initial support to other experiencing mental health concerns or experiencing a crisis, using practical and evidence-based support.

The course is based on guidelines developed through the expert consensus of people with lived experience of Mental Health concerns and professionals.

## Course Layout

The course is designed to provide an opportunity for people to access the training no matter where they are.

It consists of two components;

1. eLearning training (takes between 4 – 8 hours to complete)
2. Video training sessions x 2 (2.5 hours each)

**Step 1:** A week prior to the course you will be sent details on how to register for the eLearning. You will also be mailed out a hard copy of the Mental Health First Aid Manual. The eLearning course needs to be completed prior to your video training sessions. The eLearning covers modules 1 – 5.

**Step 2:** Attend the first video training session. This will cover modules 1 – 3.

**Step 3:** Attend the second video training session. This will cover modules 4 – 5.

- **Monday**

9am – Check in via zoom. This is to ensure you have registered for the eLearning and have access to the video sessions. You should use this time to finish your course material.

- **Tuesday**

Attend session 1. Morning (9am – 11:30am) or afternoon session (12pm – 2:30pm)

- **Thursday**

Attend session 2. Morning (9am – 11:30am) or afternoon session (12pm – 2:30pm)

\*\*\*Please note the course is designed to have one day between the two video sessions to allow time to cement your learning, ask questions, finish any eLearning material you are yet to complete and to provide you space.