MENTAL HEALTH FIRST AID®
Australia

Standard Mental Health First Aid®

The Standard Mental Health First Aid® (MHFA™) course equips adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker or another adult experiencing a mental health problem or mental health crisis.

Standard Mental Health First Aid training 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 using a practical, evidence-based Action Plan.

What will I learn in a Standard Mental Health First Aid course?

The course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals. It provides an overview of mental illnesses, risk factors, prevalence, and impact before taking a much closer look at the following mental health problems:

- Depression
- Psychosis
- Substance use problems
- Anxiety
- Bi Polar

Why attend a Standard Mental Health First Aid course?

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies. Course participants also report improved confidence in providing mental health first aid to individuals and by improving mental health literacy, much of the stigma surrounding mental health problems is reduced.

Anyone can have a conversation that may save a life. Everyone should know how.

Course participants learn about the signs and symptoms of mental health problems; how to recognise and respond to an emerging and worsening mental health problem and the interventions and supports available.

Using the Mental Health First Aid practical Action Plan participants learn how to approach someone they are concerned about and how to initiate a conversation about those concerns. Participants also learn how to offer initial support and information and how to encourage someone to get professional help or other supports.

A Standard Mental Health Course First Aid also looks at how to apply mental health first aid in a range of crisis situations, including suicidal thoughts and behaviours, panic attacks, aggressive behaviours, and severe psychotic states.

“We have a network of more than 2,700 Mental Health First Aid Australia trained accredited Instructors with local and place-based knowledge so you can choose an instructor that best reflects your specific needs.”

What is the format?

Face-to-Face	Blended Face-to-Face	Blended Online
2-day course led by an accredited MHFA Instructor	Combines self-paced eLearning (approx. 5-7 hours) followed by a 1-day face-to-face training session led by an accredited MHFA Instructor	Combines self-paced eLearning (approx. 5-7 hours) followed by video conferencing sessions led by an accredited MHFA Instructor (typically 2 x 3.5-hour sessions)

How do I sign up?

Go to the Course Calendar on our website: **mhfa.com.au/courses/public** to view available Standard MHFA courses. If organising a course for a group, you can search for an Instructor: **mhfa.com.au/instructors** or email us directly or email us directly at: mhfa@mhfa.com.au to discuss your needs.

Who delivers Standard Mental Health First Aid training?

Mental Health First Aid Australia trains individuals to become Instructors. Those Instructors go on to deliver Mental Health First Aid training courses to workplaces, schools, community groups and individuals across the country.

Want to become an Instructor?
Visit: mhfa.com.au/be-an-instructor

learn more **mhfa.com.au**

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Become an Accredited Mental Health First Aider®

Once you’ve completed the training you are a Mental Health First Aider (MHFAider®). At the end of the course there is a short accreditation assessment. You can complete this to become an Accredited MHFAider. Your accreditation is valid for 3 years.

It’s important to remember that our courses do not teach people to be therapists or counsellors and they do not teach them how to diagnose mental illnesses or provide ongoing support.