

# Mental Health First Aid

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

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.



## For more information contact:

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# Mental Health First Aid

Corporate Culcha helps clients to build capacity within their workforce to respond to mental health challenges both in the workplace and community.

Employers are well placed to support mental health and wellbeing amongst staff and are wise to place the same level of importance on mental health First Aid as physical First Aid. Our workshops can be delivered in-house by our experienced trainers in both Mental Health First Aid and Aboriginal Mental Health First Aid. Both courses are accredited by Mental Health First Aid Australia and offer the chance for participants to become Mental Health First Aiders in their workplace and community.

## What is the Mental Health First Aid course (MHFA)?

The 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 MHFA 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

- Depression
- 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.

## Where can MHFA courses be held?

The course can be conducted wherever our MHFA Instructors can travel. If extended travel is required, the instructor's travel expenses may also need to be met.

## Why attend this course?

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.

## Accredited MHFA Instructors

All of our instructors are accredited by Mental Health First Aid Australia. MHFA Australia is a national not-for-profit organisation focused on mental health training and research. MHFA Australia develops, evaluates and provides a variety of training programs and courses, which have spread to 23 countries.

We have both male and female, culturally appropriate MHFA instructors.

## Who can attend an MHFA course?

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

## 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.

## Course Format

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

## Contact Us

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