

Aboriginal Mental Health First Aid

This 14-hour course has been culturally adapted for the Aboriginal and Torres Strait Islander community and is facilitated by our Indigenous Instructors.

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:

Vanessa Ring at Corporate Culcha
1300 285 242 or vring@corporateculcha.com.au



Aboriginal Mental Health First Aid

ABORIGINAL AND
TORRES STRAIT ISLANDER

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 Aboriginal and Torres Strait Islander Mental Health First Aid course (AMHFA)?

The Aboriginal and Torres Strait Islander Mental Health First Aid (MHFA) course is based on the MHFA Guidelines. These guidelines were developed using a consensus of Aboriginal mental health workers.

Course Content

The AMHFA course teaches adults how to provide initial support to an Aboriginal or Torres Strait Islander adult who is developing any of the following mental health problems or in a 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 AMHFA courses be held?

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

Why attend this course?

The course teaches first aid skills for helping Indigenous people experiencing a mental health crisis, mental health problems or the early stages of mental illness. It can be used for friends, family, or people you work with, and teaches how to provide Mental Health First Aid.

Accredited AMHFA 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 AMHFA instructors.

Who can attend an AMHFA course?

Any interested adult can attend. This course is not a therapy or support group, rather it is an education 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 14-hour course. The delivery format is flexible. Course participants receive a copy of the AMHFA Manual to keep and are eligible to become an accredited Mental Health First Aider.

Contact Us

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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.

