

## **This 12-hour SMHFA Course teaches adults (18 years and over) how to provide Mental Health First Aid to friends, family and co-workers.**

*Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a 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.*

### **What is the Standard Mental Health First Aid course?**

The Standard Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

#### **Course Content**

The SMHFA 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.

***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.***

### **Course Format**

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

### **Where can SMHFA courses be held?**

The course can be conducted wherever a SMHFA Instructor can travel. If extended travel is required, the instructor's travel expenses may also need to be met (to be negotiated with the instructor).

### **Finding a SMHFA Instructor**

You can find MHFA Instructors in your area on the MHFA website and contact them directly about conducting a course for your organisation or workplace.

Instructors set their own fees, so we recommend you contact several local instructors for quotes.

*All instructors of this course are trained by MHFA Australia.*

### **Who can attend a SMHFA course?**

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course. [More info at the MHFA website.](#)

### **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.

### **Other MHFA Courses for helping adults**

#### **MHFA FOR ABORIGINAL AND TORRES STRAIT ISLANDERS (14-HOUR)**

How to assist Aboriginal and Torres Strait Islanders who are developing a mental health problem or experiencing a mental health crisis.

#### **MHFA FOR THE SUICIDAL PERSON (4-HOUR)**

How to assist a person experiencing suicidal thoughts and behaviours.

#### **BLENDED MHFA FOR WHITE-COLLAR WORKERS**

Designed for workplaces that require flexibility (elearning and 4-hr face-to-face workshop).