

Standard Mental Health First Aid

Course Outline

A must for every workplace. A two day course where participants learn how to assist adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. This course increases meaningful conversations, improves employee wellbeing, and gives employees confidence to ask for support when needed.

- Mental illnesses
 - Risk factors, prevalence and impact
 - Interventions
 - Recovery
- Mental Health First Aid
 - Why MHFA?
 - The MHFA Action Plan
- Depression
 - Signs and symptoms
 - Interventions
- The MHFA Action Plan for depression
 - Crisis first aid for suicidal thoughts and behaviours
 - Crisis first aid for non-suicidal self-injury
 - Continue through the MHFA actions when there is no crisis.
- Anxiety problems
 - Signs and symptoms
 - Interventions.
- The MHFA Action Plan for anxiety problems
 - Crisis first aid for panic attacks
 - Crisis first aid after a traumatic event
 - Continue through the MHFA actions when there is no crisis.
- Psychosis
 - Signs and symptoms
 - Interventions.
- The MHFA Action Plan for psychosis
 - Crisis first aid for severe psychotic states
 - Continue through the MHFA actions when there is no crisis.
- Substance use problems
 - Signs, symptoms and interventions.
- The MHFA Action Plan for substance use problems
 - Crisis first aid for severe effects of substance use
 - Crisis first aid for aggressive behaviour

Closing statements and accreditation instructions