



**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**
-  **Bipolar**

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.



STANDARD MENTAL HEALTH FIRST AID

YOUTH MENTAL HEALTH FIRST AID

Contact us:

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Licensed Mental Health First Aid Instructors
delivering Face-Face training in a location
that suits you

Creating New Pathways
Specialises in Employment
Services Sector Staff Training



CREATING
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