



STANDARD
MENTAL HEALTH FIRST AID

To attend a course send this form to:

Shire of Chapman Valley
Nicole Batten
community@chapmanvalley.wa.gov.au
PO Box 1, Nabawa, WA, 6532

Your details:

First name:

Last name:

Address:

Suburb/Town:

State & postcode:

Phone (w):

Phone (h):

Mobile:

Email address:

Where can the courses be held?

MHFA courses can be conducted wherever a Mental Health First Aid Instructor can travel. If extended travel is required, the instructor's cost may need to be met (to be negotiated with the instructor).

Upcoming MHFA courses

MHFA courses for members of the public are advertised through the MHFA website under the 'Courses' - 'Course Calendar' menu.

Finding a MHFA Instructor

You can find MHFA Instructors in your area on the MHFA website under the 'Courses' - 'Find an Instructor' menu.

Who can attend a MHFA course?

Any interested adult can attend. Please note that this course is not a therapy or support group. It is an education course to learn how to give first aid to others.

Cost

Contact your local instructor to ask about their fees.

All instructors of this course are trained by Mental Health First Aid Australia.

**THE 12-HOUR STANDARD
MENTAL HEALTH FIRST AID COURSE**

This course teaches members of the public how to provide initial support to a person experiencing a mental health crisis or developing a mental health problem.

What is Mental Health First Aid?

First Aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid (MHFA) is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What is the Standard Mental Health First Aid course?

The Standard MHFA course is based on the international MHFA Guidelines. These guidelines were developed using the consensus of mental health consumers, carers and professionals from English-speaking developed countries. Further information under the 'Resources' menu of the MHFA website.



Hi, I'm ALGEE, the MHFA mascot!

Mental Health First Aid ACTION PLAN



- A**pproach, assess and assist with any crisis
- L**isten non-judgmentally
- G**ive support and information
- E**ncourage appropriate professional help
- E**ncourage other supports

VISIT www.mhfa.com.au FOR INFORMATION ON COURSES

Course Content

The MHFA course teaches members of the public how to assist someone who is developing a mental health problem or in a mental health crisis.

Developing mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug misuse
- Aggressive behaviours

Participants will learn the signs and symptoms of these 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 (4 modules, each 3 hours). The delivery format is flexible.

Course participants receive a copy of the MHFA Manual to keep and a Certificate of Completion.

About MHFA Australia

The Mental Health First Aid Program was developed in 2000 by Betty Kitchener and Prof Tony Jorm and operates within Mental Health First Aid Australia, a national not-for-profit organisation (based in Melbourne) focused on mental health training and research.

MHFA has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in workplace and community settings. Further information and links to evaluations of the MHFA course under the 'Research' menu of the MHFA website.

MHFA has spread to every state and territory of Australia and internationally. More information under the 'About' - 'Our Impact' menu of the MHFA website.

Other Available MHFA Courses

- **14-hour Youth MHFA course** covering how to assist adolescents
- **14-hour Aboriginal and Torres Strait Islander course** covering how to assist Indigenous Australians
- **Instructor Training courses** accrediting suitable candidates to become Instructors of the 12 or 14-hour courses. More information here: www.mhfa.com.au/training.shtml

More information under the 'Courses' menu of the MHFA website.