



## STANDARD MENTAL HEALTH FIRST AID COURSE



**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 (CR.000744)

**Aim:** 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. The course curriculum is based on the [MHFA Guidelines](#).

#### Target group

Staff who wish to develop their skills and knowledge in identifying and supporting clients with mental health problems.

Training for



Staff

#### Learning Outcomes

Course participants learn about the signs and symptoms of the common and disabling mental health problems, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

##### Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

##### Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

**Please note:** Sensitive content may be triggering or cause intense reactions for some people.

#### Further learning opportunities:

- Aboriginal Mental Health First Aid.
- Youth Mental Health First Aid.

#### Registration

Department staff must register through [Compass](#)

## Learning and Development

