



Aboriginal Mental Health First Aid

Aboriginal Mental Health First Aid (Communities) (CR.001214)

Aim

To provide an understanding of Aboriginal and Torres Strait Islander social and emotional wellbeing. Enable participants to feel more confident in identifying mental illnesses and providing initial 'mental health first aid' whilst supporting someone to access appropriate help.

Target group

- Department of Communities staff.
- Sector partner staff.

Learning Outcomes

- Identify what social and emotional well-being, and mental health problems are.
- Recognise the different types, and symptoms of anxiety disorders.
- Identify the importance of early intervention.
- Apply the MHFA action plan for anxiety problems.
- Recognise possible signs, symptoms and interventions for alcohol and other drug problems and apply the MHFA action plan to help someone with these problems.
- Identify how to assess and assist with intoxication and medical emergencies related to alcohol and other drug abuse.
- Recognise possible signs and symptoms for depression and apply the MHFA action plan to help someone with depression.
- Identify how to assess and assist with suicidal thoughts and behaviours.
- Recognise possible signs and symptoms of psychosis and the different psychotic disorders.
- Describe effective treatments and the importance of early intervention for psychosis and apply the MHFA action plan to help someone experiencing psychosis.

Structure – Two day workshop

Registration

Department staff: Register using [Compass](#), Sector staff and Carers must register [online](#)



Learning and Development