

Mental Health First Aid

Overview

The Standard 2-day Mental Health First Aid course teaches participants the skills and confidence needed to recognise, respond and offer 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.

Mental health first aid is a practical, skills based educational program.

Duration

- 2 consecutive days (Face to Face)
Day 1 - 8:00am to 4:00pm
Day 2 – 8:00am to 2:00pm

Entry Requirements

Participants **MUST**:

- Be at least 18 years of age

Course Fees

- \$220.00 (GST included)
- Lunch will be provided

Courses must be paid for on booking unless alternative arrangements have been made. Training will not be confirmed until payment has been received

Content

You will learn how and where to get help when a person is developing a mental illness, what research has shown to be effective and how to provide first aid in crisis situations using the MHFA Action Plan, ALGEE.

Topics covered include:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crisis situations covered:

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

Our Trainer

Our trainer for this course is fully accredited with MHFA Australia and is required to maintain their accreditation through regular development and Course delivery.



Outcome

On successful completion of all requirements of this course, learners will be issued with:

- 1) A Certificate of Attendance for Mental Health First Aid
- 2) On successful completion of this program, participants are eligible to complete an online assessment to become an Accredited Mental Health First Aider through Mental Health First Aid Australia. (Accreditation will be valid for 3 years)

Delivery Locations

- Lonsdale
- Ottoway

In addition to the courses scheduled at the above locations ATEC can also deliver training at your work site. (Contact us for more information.)

Pre-enrolment information

Important information for prospective students in regards to ATEC Policies is available at <http://www.atec.asn.au/pre-enrolment-information.html>

How to apply

Applications and enquiries can be made:

- Online – www.atec.asn.au
- Email – bookings@atec.asn.au
- **Call ATEC on 1300 112 832**

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