



MHFA

Mental Health First Aid Training

Standard Version

Mental health first aid is the help given to someone dealing with a mental health problem or in a mental health crisis until appropriate professional treatment is received or until the crisis resolves. Participants learn the signs and symptoms of depression, anxiety, bi-polar disorder, schizophrenia, psychotic disorders, non-suicidal self injury and substance use disorder. They also learn where and how to get help and what sort of help has been shown by research to be effective.

Youth Version

The Youth Mental Health First Aid Course is for adults working or living with those aged between 12 and 18 years, and is particularly suitable for parents, teachers, sports coaches, and youth workers. The course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Blended Version

Designed for increased flexibility in the delivery of training, a Blended Mental Health First Aid Course is a combination of online eLearning and a half day of follow-on face-to-face training. The face-to-face component must be done within three months of completing the eLearning component.

Course participants first complete the interactive self-paced eLearning component (about 6 hours) that teaches them about mental health problems, mental health crises and skills to offer initial help to an adult developing a mental health problem or in a mental health crisis. The follow-on face-to-face session (4 hours) allows participants the opportunity to revise and consolidate knowledge and skills in a group environment, and to apply their skills to specific scenarios.

After completing both steps, participants are eligible to complete a short 20 question online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years. Accredited Mental Health First Aiders are eligible to be appointed as Mental Health First Aid Officers in the workplace.

Who can attend an MHFA course?

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course. The program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours.

MHFA Training can provide members of the community with:

- skills in how to recognise the signs and symptoms of mental health problems
- knowledge of the possible causes or risk factors for these mental health problems
- awareness of the evidenced based medical, psychological and alternative treatments available
- skills in how to give appropriate initial help and support someone experiencing a mental health problem
- skills in how to take appropriate action if a crisis situation arises involving suicidal behaviour, panic attack, stress reaction to trauma, overdose or threatening psychotic behaviour

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.