



## 2 DAY STANDARD MENTAL HEALTH TRAINING

Around 1 in 5 Australian adults experience a common mental illness each year. Understanding how to talk about mental health and help someone in need are important skills. Many people feel uncomfortable and unprepared when thinking about starting a conversation with someone they are concerned about.

The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan. The standard two-day Mental Health First Aid (MHFA) course teaches

staff simple, practical first aid skills for helping a family member, friend, co-worker or other person who is experiencing mental health problems.

MHFA will teach you how to listen and respond to someone with a mental health problem, even if they are experiencing a crisis.

### ACCREDITATION

People who attend this Mental Health First Aid training course can complete an online assessment to be accredited as a Mental Health First Aider through Mental Health First Aid Australia. The accreditation is valid for three years and staff will receive a digital certificate of accreditation after completion.

\*This course is not a therapy or a support group.

## MENTAL HEALTH PROBLEMS COVERED



DEPRESSION



ANXIETY



PSYCHOSIS



SUBSTANCE USE

## 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 use
- Aggressive behaviours

## GET IN TOUCH

[pharuswellbeing.com.au](http://pharuswellbeing.com.au)  
[daniel@pharuswellbeing.com.au](mailto:daniel@pharuswellbeing.com.au)  
+61 474 803 123

