



You can use this page as an enrolment form for the below course. Submit this form to the course contact below.

Upcoming MHFA course:

Dates: _____

Times: _____

Location: _____

Venue: _____

Instructor/s :

Course contact details:

Name: _____

Street address: _____

Suburb/Town: _____

State & postcode: _____

Phone: _____

Mobile: _____

Fax: _____

Email address: _____

Where can MHFA courses be held?

MHFA courses can be conducted wherever a Mental Health First Aid Instructor can travel. If extended travel is required, the instructor's cost may need to be met (to be negotiated with the instructor).

Who can attend the MHFA course?

Any interested adult can attend. Please note that this course is not a therapy or support group. Rather it is an education course.

Upcoming MHFA courses

MHFA courses for members of the public are advertised through the MHFA website at: www.mhfa.com.au/current_courses.php

Finding a MHFA Instructor

You can find MHFA Instructors in your area at the MHFA website, by going to: www.mhfa.com.au/instructor_list.php

You can select instructors' names and review their details and profiles. You can contact instructors directly, for example, about conducting a course for your organisation or workplace.

Cost?

Contact your local instructor to ask about their fees.

All instructors of this course are trained by the Mental Health First Aid Training and Research Program, auspiced by Orygen Youth Health Research Centre, The University of Melbourne.



www.mhfa.com.au

The 12-hour Standard Mental Health First Aid Course

Second Edition

This course teaches members of the public how to provide initial support to a person experiencing a mental health crisis or developing a mental illness.



www.mhfa.com.au



MENTAL HEALTH FIRST AID

What is Mental Health First Aid?


First Aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid (MHFA) is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

A 12-hour Adult (now Standard) MHFA course was developed by Betty Kitchener and Professor Tony Jorm in 2001 to improve the mental health knowledge, skills and attitudes of the Australian community. In 2010, Edition 2 of the Standard MHFA curriculum was launched.

What is the Edition 2 Standard Mental Health First Aid course?

The major improvement in the Edition 2 Standard MHFA course is that the first aid information in the curriculum and the manual are now based on the MHFA Guidelines. These guidelines were developed using consensus expert panels of mental health consumers, carers and professions from developed English-speaking countries. Further information here: www.mhfa.com.au/Guidelines.shtml.

Mental Health First Aid **ACTION PLAN**



- A**pproach, assess and assist with any crisis
- L**isten non-judgmentally
- G**ive support and information
- E**ncourage appropriate professional help
- E**ncourage other supports

Course Content

The MHFA course teaches members of the public how to assist someone who is developing a mental illness or is in a mental health crisis.

Developing mental illnesses covered:

- Depression
- Anxiety
- Psychosis
- Substance misuse

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Acute effects from alcohol or other drug misuse
- Aggressive behaviours

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Content

This is a 12-hour course (4 modules, each 3 hours). The delivery format is flexible.

Course participants receive a copy of the MHFA Manual (Second Edition) to keep and a Certificate of Completion.

About the MHFA Program

The Mental Health First Aid Program was developed in 2001 at the Centre for Mental Health Research at the Australian National University by Betty Kitchener and Tony Jorm. In 2005 the Program moved to Orygen Youth Health Research Centre at the University of Melbourne.

The Program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in a workplace and community settings. Further information and links to evaluations of the MHFA course here: www.mhfa.com.au/evaluation.shtml

The Program has spread to every state and territory of Australia and internationally. More information here: www.mhfa.com.au/international.shtml

Other Available MHFA Courses

- 14-hour Youth MHFA (Edition 2) course covering how to assist adolescents
- 12-hour Adult MHFA e-learning course on CD-ROM
- 14-hour Aboriginal and Torres Strait Islander course covering how to assist Indigenous Australians
- Instructor Training courses, accrediting suitable candidates to become Instructors of the 12 or 14-hour courses. More information here: www.mhfa.com.au/training.shtml

There are separate brochures available for these courses. More information here: www.mhfa.com.au/courses.shtml