



**MENTAL HEALTH  
FIRST AID®**  
Australia

# Older Person Mental Health First Aid

The Older Person Mental Health First Aid course teaches participants who work with, care for or support adults aged 65+ how to provide initial support to someone who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in older adults, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.



## **Intervene early**

Recognise the warning signs of mental health problems in older adults.



## **Offer support**

Learn the skills to speak openly and accurately about mental health.



## **Respond in a crisis**

Respond across a range of crisis situations where an older adult may be at risk of harm.



## **Reduce stigma**

Reduce stigma and increase support for older adults experiencing and living with mental health problems.

## **What you'll learn**

Learn how to apply mental health first aid to older adults across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Confusion and dementia
- Suicidal thoughts and behaviours
- Panic attacks
- Delirium
- Behaviours of concern and unsafe behaviours caused by confusion

## **Why attend a Mental Health First Aid training course?**



### **Improve knowledge**

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



### **Improve confidence**

Course participants report improved confidence in providing first aid to individuals.

## **Become an MHFAider**

Adults who complete the course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.



**Anyone can have a conversation that may save a life.  
Everyone should know how.**



“  
Very engaging, easy to assess what was being taught. This will surely be a big part of what I do at work and in my personal life.”

### Duration & Format

The 12-hour course can be delivered in 1 of 2 ways:

Face-to-Face	Face-to-Face
 <p>2 x 6-hour sessions over 2 days</p>	 <p>4 x 3-hour sessions over 4 days</p>



### All sessions are led by a Mental Health First Aid Australia trained and Licensed Instructor

Mental Health First Aid courses are delivered by a national network of more than 3,000 trained and Licensed Instructors. Individuals or small groups can sign up for a public course near you or online, while larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue.



### Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in older adults
- Identify the risk factors associated with mental illness in older adults
- Understand the prevalence and impact of mental illnesses in older adults
- Demonstrate awareness of the range of evidence-based treatments available for mental illness in older people
- Know the barriers to help-seeking and how to overcome these
- Apply mental health first aid skills, and know how to initiate a mental health conversation, using a practical, evidence-based action plan
- Know how to assess and assist in a crisis.
- Gain an understanding of the local resources available to someone experiencing mental health problems
- Apply self-care practices as a Mental Health First Aider.



This course is recognised by Suicide Prevention Australia as a safe, high-quality, and effective suicide prevention program.



### Suitability

Suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.



**Take the next step**

Visit our Older Person MHFA course page at: [mhfa.com.au](http://mhfa.com.au) OR contact us at: [mhfa@mhfa.com.au](mailto:mhfa@mhfa.com.au) to discuss your training needs.