



## ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID

### THE 14 HOUR ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID COURSE

This course teaches members of the public how to provide initial support to an Aboriginal or Torres Strait Islander experiencing a mental health crisis or developing a mental health problem.

#### What is Mental Health First Aid?

Mental health first aid 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.

#### What is the Aboriginal and Torres Strait Islander MHFA Course?

The second edition Aboriginal and Torres Strait Islander Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. These guidelines were developed using the consensus of mental health consumers, carers and professionals from English-speaking developed countries. Further information here: [www.mhfa.com.au/Guidelines.shtml](http://www.mhfa.com.au/Guidelines.shtml).

#### Course Content

The course teaches members of the public how to assist an Aboriginal or Torres Strait Islander who is developing a mental health problem or in a mental health crisis.

#### Developing mental health problems 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
- Severe effects from alcohol or other drug misuse
- Aggressive behaviours

Participants will learn about social and emotional wellbeing, mental health first aid interventions in Aboriginal and Torres Strait Islander communities, the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

#### Course Format

This is a 14-hour course (6 modules). The delivery format is flexible. Course participants receive a copy of the MHFA Manual to keep and a Certificate of Completion.

#### Where can the 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).

#### Upcoming AMHFA courses

MHFA courses for members of the public are advertised through the MHFA website at:

[www.mhfa.com.au/current\\_courses.php](http://www.mhfa.com.au/current_courses.php)

#### Finding an AMHFA Instructor

You can find MHFA Instructors in your area on the MHFA website:

[www.mhfa.com.au/instructor\\_list.php](http://www.mhfa.com.au/instructor_list.php)

1. Select state or postcode.
2. Select instructors' names to review their details.
3. You can then contact instructors directly about conducting a course for your organisation or workplace.

#### Who can attend an AMHFA course?

Any interested adult can attend. Please note that this course is not a therapy or support group. It is an education course to learn how to give first aid to others.

#### 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.*

#### About the MHFA Program

The Mental Health First Aid Program was developed in 2001 by Betty Kitchener and Prof. Tony Jorm.

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 workplace and community settings. Further information and links to evaluations of the MHFA course here:

[www.mhfa.com.au/evaluation.shtml](http://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](http://www.mhfa.com.au/international.shtml)

#### Other Available MHFA Courses

**14-hour Youth MHFA course** covering how to assist adolescents

**12-hour Standard MHFA course** covering how to assist adults

**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](http://www.mhfa.com.au/training.shtml)

#### More AMHFA Course Information

<http://bit.ly/amhfa-info>

