

A 14-hour course
developed to improve the
Mental Health Literacy
of Aboriginal and Torres Strait
Islander communities

To attend a course please contact:

Instructor's Name: _____

Organisation: _____

Contact Details

Telephone: _____

Email: _____

Or visit our website

www.mhfa.com.au

to find details of your local instructor

Artwork: Johanna Parker

Where can the courses be held?

Courses can be conducted wherever a Mental Health First Aid Instructor for Aboriginal and Torres Strait Islander communities can travel. If extended travel is required, instructors' costs will need to be met.

Who can attend the course?

Any interested person can attend. However, this course is not a therapy or support group. It is an education course for community members interested in learning more about mental health.

Cost?

Contact your local instructor to ask about their rates.
www.mhfa.com.au/instructor_list.php



Mental Health First Aid for Aboriginal and Torres Strait Islander Communities

A 14-hour course



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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 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.

Why Mental Health First Aid Training?

Wellbeing needs a healthy mind, body and spirit.

There are many things that can impact on the wellbeing of an individual or the community. When this happens, people can become unwell and mental health problems and illnesses can develop.

There are many reasons why people need MHFA:

- Mental health problems are common
- There is stigma associated with mental health problems. Our people should not be shamed if they have a mental illness.
- Many people do not recognise mental health problems
- Professional help is not always available
- Many people do not know how to help

What can the Mental Health First Aid for Aboriginal and Torres Strait Islander Communities Course do for you?

Together with others you will learn:

- More about social and emotional wellbeing
- More about mental health
- How to recognise the early signs of mental health problems and mental illness
- Some good ways to talk to someone you are worried about
- What to do if you are worried that someone might be suicidal or depressed
- Some new ways to help others such as family or community who are going through difficult times.

Course Content

The course covers helping people in mental health crisis situations and/or in the early stages of mental health problems.

You will learn more about:

- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour
- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder
- Substance use disorder

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 to be effective.

Each participant will get a course manual and a workbook.

About the 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 Professor Tony Jorm. In 2005 the Program moved to ORYGEN Research Centre at the University of Melbourne.

The Program has been well evaluated and found to be effective in improving mental health knowledge, reducing the shame people feel and increasing help to others.

The program has spread to every state and territory of Australia and overseas. The course has been adapted in consultation with key Aboriginal professionals to provide culturally appropriate and sensitive training to Aboriginal and Torres Strait Islander communities.

The MHFA Action Plan

Assess the risk of suicide or harm

Listen non-judgementally

Give reassurance and information

Encourage the person to get appropriate professional help

Encourage other supports

