

To attend a course mail this form to:

First name:

Last name:

Address:

Postcode:

Telephone: (w)

..... (h)

..... (mobile)

Email address (if any):

.....

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WHERE CAN THE COURSES BE HELD?

The course can be conducted wherever a Mental Health First Aid Instructor can travel. If extended travel is required, the instructors costs will need to be met.

WHO CAN ATTEND THE COURSE?

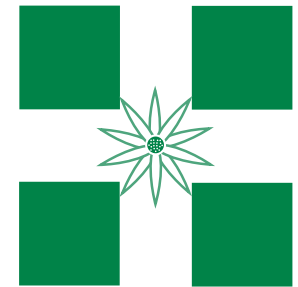
Any interested person can attend. However, this course is not a therapy or support group. It is an education course.

COST?

Contact your local instructor to ask about their rates.

To find your local instructor visit our website:

www.mhfa.com.au



MENTAL HEALTH FIRST AID

www.mhfa.com.au

**A 12-HOUR COURSE
DEVELOPED TO IMPROVE THE
MENTAL HEALTH LITERACY
OF THE COMMUNITY**

AN AWARD WINNING PROGRAM

**THE AUSTRALIAN AND NEW ZEALAND
MENTAL HEALTH SERVICES
ACHIEVEMENT AWARD 2003**

**THE AUSTRALIAN NATIONAL UNIVERSITY
VICE CHANCELLOR'S AWARD FOR
COMMUNITY OUTREACH 2004**

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?

There are many reasons why people need MHFA:

- Mental health problems are common
- There is stigma associated with mental health problems
- Many people do not recognize mental health problems
- Professional help is not always available
- Many people do not know how to help

COURSE CONTENT

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

Crisis situations covered are:

- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental health problems covered are:

- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar 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 by research to be effective.

COURSE FORMAT

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

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 literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in a workplace and a community setting.

The program has spread to every state and territory of Australia and internationally.

THE FIVE STEP ACTION PLAN FOR MHFA:

1. **A**ssess the risk of suicide or harm
2. **L**isten non-judgementally
3. **G**ive reassurance and information
4. **E**ncourage the person to get appropriate professional help
5. **E**ncourage self-help