



ADULT MENTAL HEALTH FIRST AID

To attend a course send this form to:

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 instructor's costs will need to be met.

Who can attend the course?

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

Cost?

Contact your local instructor to ask about their rates.

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

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To find your local instructor visit our website

www.mhfa.com.au

THE 12-HOUR ADULT MHFA COURSE

This course teaches adults how to provide initial support to adults experiencing a mental health crisis or developing a mental health illness.

An Award Winning Program

- The Australian and New Zealand Mental Health Services GOLD Achievement Award, 2003 & 2007
- The Australian National University Vice Chancellor's Award for Community Outreach, 2004
- Victorian Public Health Award for Program Innovation, 2006
- Suicide Prevention Australia National 'LiFe' Award – Healthy Communities Category, 2007
- Excellence in Mental Health Education Award - National Council for Behavioral Healthcare, USA, 2008

Your details

First name: _____

Last name: _____

Address: _____

Postcode: _____

Telephone:

(w) _____

(h) _____

(mobile) _____

email address: _____

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

The Mental Health First Aid Action Plan:

1. Assess the risk of suicide or harm
2. Listen non-judgementally
3. Give reassurance and information
4. Encourage the person to get appropriate professional help
5. Encourage self-help strategies

Course Content

The course covers helping adults 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.

Course participants receive a copy of the MHFA manual to keep.

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 Professor 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 a community setting.

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

The Mental Health First Aid (MHFA) program has several courses available:

- The 12-hr Adult MHFA course covering how to assist adults;
- The 12-hour Adult MHFA e-learning course on CD-ROM;
- The 14-hour Youth MHFA course covering how adults can assist adolescents;
- The 14-hour Aboriginal and Torres Strait Islander MHFA course covering how to assist Indigenous Australians.

There are separate brochures available about each of these courses.