



**MENTAL HEALTH  
FIRST AID®**  
Australia

# Talking about Suicide

## Aboriginal and Torres Strait Islander Mental Health First Aid

The Talking about Suicide course teaches participants how to provide initial support to Aboriginal and/or Torres Strait Islander people who may be experiencing suicidal thoughts and behaviour, until professional help is received or the crisis resolves.

Course participants learn how to recognise and respond to signs of suicidal thoughts or behaviours, and the interventions and supports available, including cultural context to community-based care. The course ensures participants are grounded in social and emotional well-being from an Aboriginal and/or Torres Strait Islander perspective, equipping them with the skills to provide mental health first aid in a culturally safe and informed way.



### Intervene early

Recognise the warning signs for Aboriginal and Torres Strait Islander people who may be experiencing suicidal thoughts and behaviours.



### Offer support

Learn the skills to have an open, supportive conversation about suicidal thoughts and behaviours.



### Respond in a crisis

Respond to an Aboriginal or Torres Strait Islander person who may be experiencing suicidal thoughts and behaviours.



### Reduce stigma

Reduce stigma and shame and increase support to Aboriginal and Torres Strait Islander adults and communities experiencing suicidal thoughts and behaviours.

### What you'll learn

Using a practical, evidence-based action plan, participants learn how to approach an Aboriginal and/or Torres Strait Islander person they're concerned about and how to initiate a conversation about those concerns.

Participants also learn how to offer initial support and information about suicidal thoughts and behaviours and how to encourage the person to seek professional help, and cultural and other supports.

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



### Culturally appropriate and effective

Research has found Aboriginal and Torres Strait Islander Mental Health First Aid courses to be culturally appropriate and effective. 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 Aboriginal and Torres Strait Islander adults.

### Duration and format



Face-to-face



5 hours



**It was a brilliant, informed course and easy to absorb the information in a relaxed culturally safe space. I was very impressed with the whole day.**



### **All sessions are led by Mental Health First Aid Australia trained and Licensed Aboriginal and Torres Strait Islander Instructors**

This course has been purposely designed to support Instructors to draw on their unique and instrumental local cultural knowledge to enrich the content and enable culturally informed and safe delivery. 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 that indicate someone may be experiencing suicidal thoughts and behaviours
- Know the current rates of suicide in Australia, with specific information about Aboriginal and Torres Strait Islander people
- Use an evidence-based action plan to initiate a mental health first aid conversation, and work with the individual to identify Tools for Safety
- Know how to assess and assist when someone is experiencing suicidal thoughts and behaviours
- Know the barriers to help seeking and how to overcome these
- Gain an understanding of the evidence-based, local and cultural supports and resources available to someone experiencing suicidal thoughts and behaviours
- Apply self-care practices as a Mental Health First Aider.



### **Suitability**

Developed by an in consultation with Aboriginal and Torres Strait Islander people, this course is suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.



These courses are recognised by Suicide Prevention Australia as safe, high-quality, and effective suicide prevention programs.



**Take the next step**

Visit our Talking about Suicide Aboriginal and Torres Strait Islander MHFA course page at: [mhfa.com.au](https://mhfa.com.au) OR contact us at: [amhfa@mhfa.com.au](mailto:amhfa@mhfa.com.au) to discuss your training needs.