



# STANDARD MENTAL HEALTH FIRST AID

Suitable for workplaces and community groups +18 years



**Anyone can make a difference. Learn how to help a friend, family member or co-worker.**

The Standard Mental Health First Aid course teaches participants how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

## ABOUT THE COURSE

Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.

Using a practical, evidence-based action plan, course participants learn how to approach someone they are concerned about and initiate a conversation about those concerns. Participants also learn how to offer initial support and information and how to encourage the person to seek professional help or other supports.

Adults who complete the course become Mental Health First Aiders, equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

## BOOK NOW:

**Attendance Numbers:** Min 8, Max 30

**Duration:** 2 days

**Cost:** \$5,500 incl. tax

*Catering is optional at an additional cost*

**To book or for more information**

**email:** [suicideprevention@thcfa.org.au](mailto:suicideprevention@thcfa.org.au)

## OTHER COURSES AVAILABLE:

- My Toolbox to Wellbeing
- Mental Health First Aid
- My Toolbox to Wellbeing
- safeTALK & safeYARN



**Manager, HealthAccess Mind Care**  
[suicideprevention@thcfa.org.au](mailto:suicideprevention@thcfa.org.au)  
02 4062 8907



**Find out more:**  
[thcfa.org.au](http://thcfa.org.au)



**THE HEALTHY COMMUNITIES FOUNDATION AUSTRALIA**