



The 12-hour Standard Mental Health First Aid course teaches people (18 years and over) how to offer initial support to adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves. The course curriculum is evidence-based, as informed by the MHFA Guidelines.

What the Course Covers:

MHFA courses provide the skills to make an impact on people's lives.

Participants learn about:

- Signs and symptoms of the common and disabling mental health problems.
- How to provide initial help.
- Where and how to get professional help.
- What sort of help has been shown by research to be effective.
- How to provide first aid in a crisis situation.

Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours.

The 12-hour Standard MHFA course has been endorsed for Continuing Professional Development (CPD) points, by several professional bodies

See www.mentalhealthstation.org for Regular trainings in our venue or yours. Sydel@mentalhealthstation.org