

# MENTAL HEALTH FIRST AID

Online



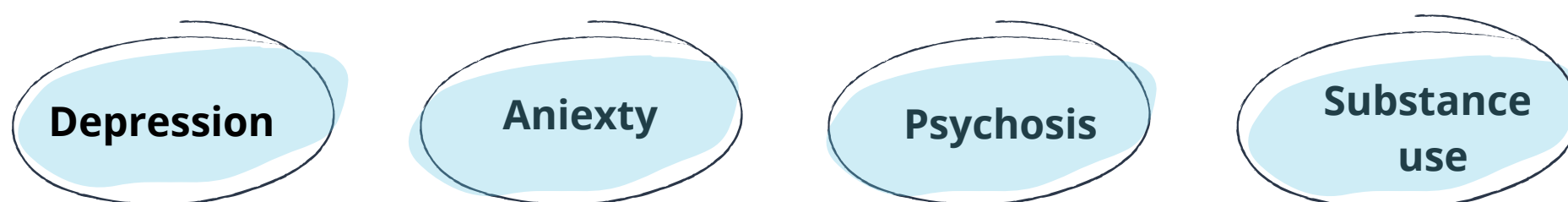
## INTRODUCTION

Mental Health First Aid (MHFA) will empower you with the skills and knowledge to help you effectively approach, listen, communicate and provide assistance to someone experiencing a mental health problem, the right way.

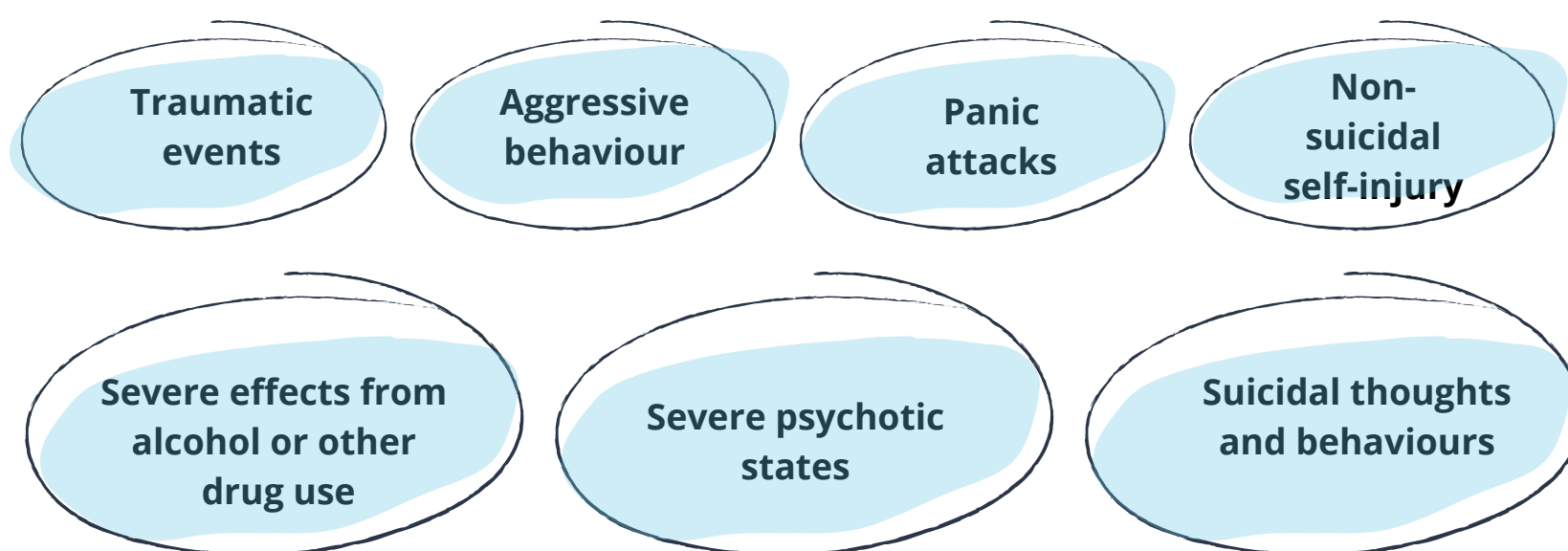
### Course Component 1

Self-paced interactive eLearning (5-7 hours) The eLearning course component presents an overview of mental health problems and mental health crises.

#### mental health problems covered



#### mental health crisis covered



### Course Component 2

Instructor-led video conferencing (2 x 2.5 hour sessions) provides participants with an opportunity to revise content covered in the self-paced eLearning program and to consolidate the content with the development of practical skills in a group environment online.

## WHAT MAKES US UNIQUE

*Our Facilitator brings a wealth of knowledge through lived experience, which is complemented with a degree in psychology (Honours), a Masters in Rehabilitation Counselling and is an Accredited Mental Health First Aid instructor.*

*The team at PsychAssist is passionate about mental health and empowering everyday Australians through empathy, knowledge and creating a safe space for everyone to learn.*



# MENTAL HEALTH FIRST AID



## Resources

Course participants receive a physical copy of the Standard Mental Health First Aid manual and a certificate of completion.

## Accreditation

A 3 year accreditation is obtained after successfully completing the course. The MHFA accreditation demonstrates that an individual has the skills and knowledge to provide Mental Health First Aid.

Want to know more

# CONTACT US

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## TESTIMONIALS

"This course was brilliant. Very clear and concise, and knew their material inside out and was happy to discuss things outside hours to ensure that I had a clear understanding of content and application. Highly recommend PsychAssist courses." **Jane**

"One of the most interesting, informative and valuable courses that I have ever attended."  
**Michael**

"Keep delivering & projecting every part of your authentic-self, as you did with our class! I truly appreciated the dynamics you provided in the class .. your connectivity and genuine interest in having us grasp the realism of Mental Health First Aid was impressive! You are without a doubt passionate about what you live every day!." **Kate**

"Outstanding and thought provoking. I found this course extremely informative and believe it will help me, both in my professional and personal life." **Brad**

