



**MENTAL
HEALTH
FIRST AID**
Australia

MENTAL HEALTH FIRST AID **ACTION PLAN**

Approach the person, assess and assist with any crisis

Listen and communicate non-judgementally

Give support and information

Encourage the person to get appropriate professional help

Encourage other supports

Individuals learn how to use the MHFA Action Plan
via an accredited Mental Health First Aid training course.

LEARN MORE AT **mhfa.com.au/courses**