

Standard MHFA Course Outline (Face to Face) 8am to 3:30pm

2 Day Course (12 Hours Content): arrive 15 mins early for registration

Day 1: Session 1 and Session 2

Day 2: Session 3 and Session 4

Day 1:

- 7:00am – venue access to set up
- 7:45am – participants begin to arrive & complete register of attendance (Quiz PowerPoint / Music Playing)
- 8:00am sharp – commence course, late arrival not accepted
- 8:00am to 3:30pm – course
- 3:30pm to 4:00pm – equipment and venue pack up

8:00am to 8:10am	Introduction of Self, Housekeeping, Explain Course, Explain Completion Requirements, Introduction of Topics for Today
8:10am to 9:30am	Session 1.1 (1hr 20mins) <ul style="list-style-type: none"> • Mental Illness and Risk Factors • Prevalence and Impact of Mental Illness • Interventions for Mental Illness
9:30am to 9:45am	Morning Tea (15mins)
9:45am to 11:05pm	Session 1.2 (1hr 20mins) <ul style="list-style-type: none"> • ALGEE Action Plan • Depression • Bipolar Disorder
11:05pm to 11:35pm	Lunch (30mins)
11:35pm to 1:35pm	Session 2.1 (2hrs 0 mins) <ul style="list-style-type: none"> • MHFA ALGEE Practice • Crisis Aid for Suicide and NSSI
1:35pm to 1:50pm	Afternoon Tea (15 mins)
1:50pm to 3:10pm	Session 2.2 (1hr 20mins) <ul style="list-style-type: none"> • MHFA ALGEE Practice • Anxiety Disorders
3:10pm to 3:30pm	Self Care Conclusion / Wrap Up
3:30pm to 4:00pm	Equipment / Venue Pack Up

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Day 2: Session 3 and Session 4

Day 2:

- 7:00am – venue access to set up
- 7:45am – participants begin to arrive & complete register of attendance (Quiz PowerPoint / Music Playing)
- 8:00am sharp – commence course, late arrival not accepted
- 8:00am to 3:30pm – course
- 3:30pm to 4:00pm – equipment and venue pack up

8:00am to 8:15am	Introduction of Self, Self Care Discussion, Introduction of Topics for Today
8:15am to 9:45am	Session 3.1 (1hr 30mins) <ul style="list-style-type: none"> • MHFA ALGEE Practice • Panic Attacks • Traumatic Events
9:45am to 10:00am	Morning Tea (15mins)
10:00am to 11:20pm	Session 3.2 (1hr 20mins) <ul style="list-style-type: none"> • MHFA ALGEE Practice • Psychosis
11:20pm to 11:50pm	Lunch (30mins)
11:50pm to 1:10pm	Session 4.1 (1hr 20mins) <ul style="list-style-type: none"> • MHFA ALGEE Practice • Psychosis Continued
1:10pm to 1:25pm	Afternoon Tea (15 mins)
1:25pm to 3:05pm	Session 4.2 (1hr 30mins) <ul style="list-style-type: none"> • Substance Use Problems • Aggressive Behaviour • Crisis Aid for Substance Use
3:05pm to 3:30pm	Course Wrap Up / Explain Feedback & Quiz Requirements
3:30pm to 4:00pm	Equipment / Venue Pack Up