



**EMPOWERED
FORWARD**

THROUGH EDUCATION AND SUPPORT

Standard MHFA Course Outline (Face to Face) 9am to 4:30pm

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:

- 8:00am – venue access to set up
- 8:45am – participants begin to arrive & complete register of attendance (Quiz PowerPoint / Music Playing)
- 9:00am sharp – commence course, late arrival not accepted
- 9:00am to 4:30pm – course
- 4:30pm to 5:00pm – equipment and venue pack up

9:00am to 9:10am

Introduction of Self, Housekeeping, Explain Course, Explain Completion Requirements, Introduction of Topics for Today

9:10am to 10:30am

Session 1.1 (1hr 20mins)

- Mental Illness and Risk Factors
- Prevalence and Impact of Mental Illness
- Interventions for Mental Illness

10:30am to 10:45am

Morning Tea (15mins)

10:45am to 12:05pm

Session 1.2 (1hr 20mins)

- ALGEE Action Plan
- Depression
- Bipolar Disorder

12:05pm to 12:35pm

Lunch (30mins)

12:35pm to 2:35pm

Session 2.1 (2hrs 0 mins)

- MHFA ALGEE Practice
- Crisis Aid for Suicide and NSSI

2:35pm to 2:50pm

Afternoon Tea (15 mins)

2:50pm to 4:10pm

Session 2.2 (1hr 20mins)

- MHFA ALGEE Practice
- Anxiety Disorders

4:10pm to 4:30pm

Self Care Conclusion / Wrap Up

4:30pm to 5:00pm

Equipment / Venue Pack Up



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Day 2:

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9:00am to 9:15am

Introduction of Self, Self Care Discussion,
Introduction of Topics for Today

9:15am to 10:45am

Session 3.1 (1hr 30mins)

- MHFA ALGEE Practice
- Panic Attacks
- Traumatic Events

10:45am to 11:00am

Morning Tea (15mins)

11:00am to 12:20pm

Session 3.2 (1hr 20mins)

- MHFA ALGEE Practice
- Psychosis

12:20pm to 12:50pm

Lunch (30mins)

12:50pm to 2:10pm

Session 4.1 (1hr 20mins)

- MHFA ALGEE Practice
- Psychosis Continued

2:10pm to 2:25pm

Afternoon Tea (15 mins)

2:25pm to 4:05pm

Session 4.2 (1hr 30mins)

- Substance Use Problems
- Aggressive Behaviour
- Crisis Aid for Substance Use

4:05pm to 4:30pm

Course Wrap Up / Explain Feedback & Quiz Requirements

4:30pm to 5:00pm

Equipment / Venue Pack Up