

Mental Health First Aid Training®



www.wildwellness.au

1 in 5 Australians aged 16–65 will experience a mental health problem in any given year, and 1 in 2 will in their lifetime. Therefore, the likelihood of you coming into contact with someone, or even experiencing this yourself is fairly high.

Become an accredited mental health first aider



The course is based on guidelines developed through an expert consensus of people with lived experience of mental health problems, and professionals, approved by Mental Health First Aid Australia. It will equip adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker or another adult experiencing a mental health problem or mental health crisis.

The course is available in:

- Face-to-face: 2 x 6-hour sessions over 2 days (or 4x 3hr sessions)
- Blended Face-to-Face: Self-paced eLearning (5–7 hours), followed by a 4-hour face-to-face session
- Blended Online: Self-paced eLearning (5–7 hours), followed by 2 x 2.5-hour videoconferencing sessions

If you are a business or organisation, we can also arrange for specific sessions just for you to suit your circumstances.

Contact us today for more details
or a quote for your workplace at:
info@wildwellness.au

