



**MENTAL
HEALTH
FIRST AID**
Australia

MENTAL HEALTH FIRST AID **ACTION PLAN**

- A**pproach the person, assess and assist with any crisis
- L**isten and communicate non-judgementally
- G**ive support and information
- E**ncourage the person to get appropriate professional help
- E**ncourage 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**