

Mental Health First Aid Course Run Sheet: 4 Session Delivery



4 SESSION COURSE DELIVERY

- Instructor to have access to venue 1 hour prior to start time, for set up
- Participants to arrive 15 mins prior to start time, for registration **during first session only**
- Punctuality is critical - late arrivals to any session are NOT accepted

DAILY OVERVIEW

- **1 hour prior to session start time:** Instructor venue access & set up
- **15 minutes prior to first session start time:** Participants arrive & register attendance (participants are to arrive on time for every subsequent session)
- **Nominated start time:** Course commences (late arrival not accepted)
- **For 30 minutes post each session:** Instructor to pack up venue & equipment

Session 1 (3 hours):

- Introduction, Housekeeping, Course Explanation
- Course endorsement
- Mental Illnesses - risk factors, prevalence, impact, interventions, recovery
- Mental Health First Aid - why use MHFA, the MHFA action plan
- Providing MHFA in a culturally safe way
- Providing MHFA to a LGBTIQ+ person
- Depression / bipolar disorder - signs and symptoms, interventions

Session 2 (3 hours):

- The MHFA action plan for depression - crisis first aid for suicidal thoughts and behaviours, crisis first aid for non-suicidal self injury, MHFA actions when there is no crisis
- Anxiety problems - signs and symptoms, interventions

Session 3 (3 hours):

- The MHFA action plan for anxiety - crisis first aid for panic attacks, crisis first aid after a traumatic event, MHFA actions when there is no crisis
- Psychosis - signs and symptoms, interventions

Session 4 (3 hours):

- The MHFA action plan for psychosis - crisis first aid for severe psychotic states, MHFA actions when there is no crisis
- Substance use problems - prevalence, signs and symptoms, interventions
- The "Stages of Change"
- The MHFA action plan for substance use problems - crisis first aid for severe effects of substance use, crisis first aid for aggressive behaviour, MHFA actions when there is no crisis
- Accreditation as a Mental Health First Aider
- Resources Available