



Mental Health First Aid Courses

Why Mental Health First Aid?

Mental Health First Aid (MHFA) is an evidence-based course that teaches participants how to provide initial support to someone with a mental health problem or who is experiencing a mental health crisis, until professional help is received or until the crisis resolves.

Through a practical, skills-based action plan, participants learn to:

- Recognise the signs and symptoms of common mental health problems or a mental health crisis
- Understand available treatments and support options
- Intervene early and respond confidently and appropriately to an existing or emerging mental health problem, or a mental health crisis
- Reduce stigma associated with living with or experiencing a mental health problem or crisis

Some Topics Covered:

- Depression
- Anxiety
- Psychosis
- Substance Use Problems
- Suicidal Thoughts and Behaviours
- Non Suicidal Self Injury
- Panic Attacks
- Traumatic Events

Becoming a Mental Health First Aider:

Participants who complete all course requirements become accredited Mental Health First Aiders, equipped with the knowledge, confidence and skills to provide someone with mental health information and support when it matters most.

Accreditation is valid for 3 years.

**Contact us to discuss
booking a course today!**

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