



# 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
- Intervene early and respond confidently and appropriately to an existing or emerging mental health problem, or a mental health crisis
- Understand available treatments and support options
- Reduce stigma associated with living with or experiencing a mental health problem or crisis

## 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.

## Course Content:

- Introduction to Mental Health vs Illness and Mental Health Problems
- Risk Factors and Protective Factors
- Barriers to Help Seeking and Support
- Various Mental Health Problems
  - Depression
  - Anxiety
  - Psychosis
  - Substance Use Problems
  - Suicidal Thoughts and Behaviours
  - Non Suicidal Self Injury
  - Panic Attacks
  - Traumatic Events
  - Aggressive Behaviour
- Mental Health First Aid Action Plan
- Mental Health Resources and Services Available
- Duty of Care of a Mental Health First Aider
- Self-Care as a Mental Health First Aider

## Contact us to discuss booking a course today!

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