

Mental Health First Aid Course Run Sheet 9:00am - 5:00pm Face to Face

Phone: (+61) 0406 255 464
empoweredforward.jessica@outlook.com
<https://empoweredforward.com/>



2 DAY COURSE

- Arrive 8:45 am on day 1 for registration
- Day 1: Session 1 and Session 2
- Day 2: Session 4 and Session 4

DAILY OVERVIEW

- **8:00am:** Venue access and set up
- **8:45am:** Participants arrive & register attendance
- **9:00am:** Course commences (late arrival not accepted)
- **9:00am - 5:00pm:** Course delivery
- **5:00pm - 5:30pm:** Pack up venue and equipment

DAY 1 COURSE DELIVERY

- **9:00am to 9:10am:** Introduction, Housekeeping, Course Explanation
- **9:10am to 10:30am:** Session 1.1 (1 hr 20 mins) - Mental Health vs Illness, Mental Illnesses Risk and Protective Factors, Prevalence and Impacts, Interventions
- **10:30am to 10:45am:** MORNING TEA (15 mins)
- **10:45am to 12:05pm:** Session 1.2 (1 hr 20 mins) - Mental Health First Aid Action Plan (ALGEE), Depression, Bipolar Disorder
- **12:05pm to 12:35pm:** LUNCH (30 mins)
- **12:35pm to 2:35pm:** Session 2.1 (2 hrs) - MHFA ALGEE Practice, Crisis, Suicidal Thoughts and Behaviours, Non-Suicidal Self Injury
- **2:35pm to 2:50pm:** AFTERNOON TEA (15 mins) *optional
- **2:50pm to 4:10pm:** Session 2.2 (1 hr 20 mins) - MHFA ALGEE Practice, Anxiety Disorders
- **4:10pm to 4:30pm:** Self Care Discussion and Conclusion
- **4:30pm to 5:00pm:** Mental Health Resource Discussion - Empowered Forward
- **5:00pm to 5:30pm:** Pack Up Venue / Equipment

DAY 2 COURSE DELIVERY

- **9:00am to 9:20am:** Introduction, Housekeeping, Self Care Discussion, "Unwell - Matchbox Twenty," Course Explanation
- **9:20am to 10:50am:** Session 3.1 (1 hr 30 mins) - MHFA ALGEE Review and Practice, Panic Attacks, Traumatic Events
- **10:50am to 11:05am:** MORNING TEA (15 mins)
- **11:05am to 12:25pm:** Session 3.2 (1 hr 20 mins) - MHFA ALGEE Practice, Psychosis
- **12:25pm to 12:55pm:** LUNCH (30 mins)
- **12:55pm to 2:35pm:** Session 4.1 (1 hr 20 mins) - MHFA ALGEE Practice, Psychosis Continued
- **2:35pm to 2:50pm:** AFTERNOON TEA (15 mins) *optional
- **2:50pm to 4:30pm:** Session 4.2 (1 hr 40 mins) - Substance Use, Aggressive Behaviours, Conclusion (Quiz - Final Course Requirement)
- **4:30pm to 5:00pm:** Mental Health Resource Discussion - Mental Health First Aid Australia
- **5:00pm to 5:30pm:** Pack up Venue / Equipment