



MENTAL HEALTH FIRST AID®

For Anyone. For Everyone.™

Learn about the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Course Content

Developing mental health problems covered

- › Depression and anxiety
- › Psychosis
- › Substance use problems

Mental health crisis situations covered

- › Suicidal thoughts and behaviours
- › Non-suicidal self-injury (deliberate self-harm)
- › Panic attacks
- › Traumatic events
- › Severe effects of drug and alcohol abuse
- › Severe psychotic states
- › Aggressive behaviours

Suitable for adults in workplaces, schools and community settings to support other adults. This 12-hour course is a face-to-face delivery mode. Delivery options include two full day sessions or three 4 hour sessions.

Call (03) 5564 7401 or
visit wdeaworks.org.au/training/mental-health-first-aid

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TODAY**

