Mental Health First Aid
Become a Mental Health First Aider

MENTAL
HEALTH
FIRST AID
Australia

Accredited Instructor

Mental Health First Aid training increases mental health literacy and teaches the practical skills needed to support someone experiencing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis until appropriate professional help is received or the crisis resolves.

Completing Mental Health First Aid (MHFA) training course will help participants develop the skills to support co-workers, family and friends developing a mental health problem, or experiencing a mental health crisis, and make a real difference in their workplace and community.

Course Details

Delivery: In-house or virtual delivery

Structure: Interactive workshop

Time: 2 day workshop

Class Size: Max of 15 persons

Cost: On request

Course Topics

This MHFA training is accredited with Mental Health First Aid Australia and provides participants with a Certificate of Accreditation or Certificate of Completion, which is valid for 3 years. This qualification can enable the appointment of an employee as a Mental Health First Aid Officer/ First Aider in the workplace.

- Overview of mental health illnesses
- Risk factors and prevalence and impact
- Depressions
- Psychosis
- Substance use problems
- Anxiety and Bipolar disorder

This course does not teach participants how to diagnose illnesses but how to recognise someone who may be suffering a mental health problem and how to provide support.

About the Trainer

HFA training is conducted by licensed instructor Michelle McFadyen.

Michelle is an experienced trainer and presenter with an engaging presence and has over 25 years' experience presenting and working in both the public and private sectors in regional, rural and remote areas with a particular interest in delivering MHFA training to organisations.

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