**Description**

Mental Health First Aid is the help offered to someone developing a mental health problem, experiencing the worsening of an existing mental health problem, or in a mental health crisis. The first aid is given until appropriate professional support is received or until the crisis resolves.

Mental Health First Aid teaches participants how to recognise the signs and symptoms of mental health problems and understand what sort of help has been shown by [research](https://mhfa.com.au/research/mhfa-course-evaluations) to be effective. Participants will learn a framework for communication, how to offer and provide initial help, and how to guide a person towards appropriate treatments and other supportive help.

Mental Health First Aid training has been shown to improve attitudes towards people with mental health difficulties, reduce stigma, improve knowledge, and improve people’s confidence in providing help and likelihood to advise people to seek professional help.

**How we learn together**

The course can be delivered over two days. Facilitated by MHFA Instructors, who are health professionals and/or have life experience of mental health problems, this face-to-face training is focused on new knowledge and skills and how they can be applied. The course format caters for various learning styles providing opportunities to participate and practice skills using workplace case-studies, videos and resources tailored to their learning needs.

**Emerging mental health problems covered include:**

* Depression
* Anxiety
* Psychosis
* Substance Misuse

**Mental health crises covered include:**

* Suicidal thoughts and behaviours
* Self-harm
* Panic attacks
* Traumatic events
* Severe psychotic states
* Severe effects of alcohol or other drug use
* Aggressive behaviours