

Standard Mental Health First Aid.

Simple, practical first aid skills for helping a family member, friend, co-worker, or other person who is experiencing mental health problems.

Based on the Mental Health First Aid guidelines this course is suitable for everyone including clinical and frontline staff, teachers, volunteers, and the general public.

Learn how to listen and respond to someone with a mental health problem, even if they are experiencing a crisis. Reduce stigma in your community, by responding appropriately to myths and misunderstandings about mental illness.

What will I learn?

- 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
- How to provide first aid in a crisis situation



Funded by the Australian Government Department of Social Services.
Go to www.dss.gov.au for more information.

For more information or to make a booking

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connected.**

