

# Mental Health First Aid for the Suicidal Person

## A Mental Health First Aid (MHFA) course delivered by Mind Australia Limited

### Who is this course for?

This 4.5-hour workshop has been designed for adult members of the general public. It is not recommended for individuals recently bereaved by suicide.

### Course overview

This course teaches how to offer support to a person experiencing suicidal thoughts and behaviours. Suicide is a major preventable cause of death. Thoughts of suicide are relatively common, but they are not always acted upon. There are mental health first aid actions that any member of the public can take to reduce the risk of a person acting on thoughts of suicide. These actions can help to keep the person safe until a trained professional can assist them with any underlying mental health problems or other difficulties.

You will learn:

- about suicide rates and risk factors in the Australian context
- how to recognise the early-warning signs
- what to say and do
- practical skills to put into action
- where the person can get help
- how to make a safety plan.

Curriculum content is evidence based and has the input of mental health professionals, researchers and consumer advocates. Course participants receive a handbook and online certificate of completion. This training complements the 12-hour Standard MHFA course and the 14-hour Youth MHFA course.

### Facilitator

Mind is one of the country's leading community-managed specialist mental health service providers. We offer high-quality professional development courses on a range of topics to health professionals, organisations and the general public.

This course is run by an Accredited MHFA Instructor who has qualifications in Mental Health.

### Cost

Full Fee \$100      Concession \$60

*(Concessions are available for holders of a Health Care Card, which must be produced at the course.) Prices listed are subject to change.*

Course fees includes:

- all workshop materials and handouts
- catering

[mindaustralia.org.au](http://mindaustralia.org.au)

Mind Connect 1300 286 463

Carer Helpline 1300 554 660



Mind Australia Limited ABN 22 005 063 589



Image: JohnnyGreig

### Dates, times and locations

Friday 12 April, 10:00 am – 2:30 pm, Frankston VIC

Thursday 8 August, 10:00 am – 2:30 pm, Frankston VIC

Monday 16 December, 10:00 am – 2:30 pm, Heidelberg VIC

### To secure a place

You will need to buy a ticket via Eventbrite - just click the link for your preferred date below:

April 2019      [Buy a ticket](#)

August 2019      [Buy a ticket](#)

December 2019      [Buy a ticket](#)

### Certificates

Participants will receive a certificate of completion at end of course.

### Terms and conditions

See the course details on the Eventbrite site.

### Any questions?

Contact us on 03 9455 7923 or [learning@mindaustralia.org.au](mailto:learning@mindaustralia.org.au)