

# Standard Mental Health First Aid

(Two day course)

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



Mental Health First Aid can be given to a person who may be developing a mental health problem, or who is in a mental health crisis until appropriate professional treatment is received or the crisis resolves itself. This course teaches members of the general public how to assist someone who is developing a mental health problem or in a mental health crisis. Participants will receive a 140 page course manual and a certificate upon completion.

## The facilitator

This course is run by Mind Australia and the instructor is Fiona Kidd, Learning & Development Coordinator at Mind in Victoria. Fiona has a Certificate 4 in Training and Assessment and a lived experience supporting a loved one with a mental illness.

## Venue

Mind Australia Limited Central Office  
86-92 Mount Street, Heidelberg VIC 3084

## To register

Please click [here](#) to register on our eventbrite page.

## Course content

In this course you will learn the signs and symptoms of developing mental health problems including: depression, anxiety, psychosis and substance misuse. You will find out where and how to get help and how you can assist in various crisis situations, including: having suicidal thoughts, non-suicidal self-injury, panic attacks, traumatic events, severe effects of drug or alcohol use, severe psychotic states and aggressive behaviours.

## Course dates and times

- 9:30 am - 4:00 pm  
Thursday 31 August and Friday 1 September 2017
- 9:30 am - 4:00 pm  
Tuesday 14 and Wednesday 15 November 2017
- 9:30 am - 4:00 pm  
Monday 4 and Tuesday 5 December 2017

**Cost:** \$250 **Concession:** \$150

## Mind Connect

1300 286 463

## Carer Helpline

1300 554 660

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



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Accredited to deliver MHFA  
Courses by MHEA Australia



  
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