THE 12-HOUR STANDARD MENTAL HEALTH FIRST AID COURSE

This course teaches adults how to assist other adults who are experiencing a mental health crisis or developing a mental health problem.

What is Mental Health First Aid?

Mental health first aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What is the Standard Mental Health First Aid course?

The Standard Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries. Further information here: **www.mhfa.com.au/cms/guidelines**

Course Content

The Standard MHFA course teaches members of the public how to assist someone who is developing a mental health problem or in a mental health crisis.

Developing mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Format

This is a 12-hour course (4 modules, each 3 hours). The delivery format is flexible. Course participants receive a copy of the Standard MHFA Manual to keep and a Certificate of Completion.

Where can the courses be held?

The course can be conducted wherever a Mental Health First Aid Instructor can travel. If extended travel is required, the instructor's expenses may need to be met (to be negotiated with the instructor).

Upcoming MHFA courses

MHFA courses for members of the public are advertised through the MHFA website at:
www.mhfa.com.au/courses/public

Finding a MHFA Instructor

You can find MHFA Instructors in your area on the MHFA website:
www.mhfa.com.au/instructors

- Select state or postcode
- Select instructors' names to review their details.

Then you can contact instructors directly about conducting a course for your organisation or workplace.

Who can attend a MHFA course?

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course.
Contact your local instructor to ask about their fees.
All instructors of this course are trained by Mental Health First Aid Australia

About MHFA Australia

The Mental Health First Aid Program was developed in 2000 by Betty Kitchener and Prof Tony Jorm and operates within Mental Health First Aid Australia - a national not-for-profit organisation (based in Melbourne) focused on mental health training and research.

The Program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in workplace and community settings. Further information and links to MHFA related evaluations here:
www.mhfa.com.au/cms/evaluations

The Program has spread to every state and territory of Australia and internationally. More information here:
www.mhfa.com.au/cms/international

Other Available MHFA Courses

- **14-hour Youth MHFA course** covering how to assist adolescents
- **14-hour Aboriginal and Torres Strait Islander MHFA course** covering how to assist Aboriginal and Torres Strait Islanders
- **Instructor Training courses** accrediting suitable candidates to become Instructors of the 12-hour or 14-hour courses. More information here:
  www.mhfa.com.au/courses/instructor

More Standard MHFA Course Information

www.mhfa.com.au/courses/public/types/standard

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.