Overview

The Mental Health First Aid course teaches participants how to provide

initial support to someone who is experiencing a mental health problem or

crisis.

Learn

• The signs and symptoms of common 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

Key Topics

Depression, anxiety, psychosis, substance use problems, panic attacks,

suicidality, traumatic events, non-suicidal self-injury, and aggressive

behaviours.