



MENTAL HEALTH FIRST AID

Nabenet Health offers the Mental Health First Aid (MHFA) 12 hour mental health first aid course. This course will teach you how to offer initial support to adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or until the crisis resolves.

The course curriculum is evidence-based, as informed by the MHFA guidelines.

Claim CPD points—Most professionals can claim attendance at a MHFA for CPD within their industry body

What the course covers?

Course participants learn about the signs and symptoms of common mental health problems, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crisis situation covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effect of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

Course Format

This is a 12 hour course, which can be delivered on-site:

- 2-day training package (6 hours per day)
- Course participants receive a copy of the standard MHFA manual to keep and a certificate of completion.

2019 Course Dates
BOOKINGS NOW OPEN
20th & 21st March
22nd & 23rd May
4th & 5th September

Contact **Nabenet Health** to book your Mental Health First Aid Course

Phone: (03) 9981 9888 Email: workhealth@nabenet.com.au Website: www.nabenet.com.au

Address: 79 Power Street, Hawthorn Vic 3122