

Mental Health First Aid Course Content

Mental Health First Aid (MHFA) Training:

First Aid is the help given to an injured person before medical treatment can be obtained. 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.

There are many reasons why people need MHFA:

- Mental health problems are common
- There is a stigma associated with mental health problems
- Many people do not recognise mental health problems
- Professional help is not always available
- Many people do not know how to help

Course Content:

The course covers helping adults in mental health crisis situations and/or in the early stages of mental health problems.

Crisis situations covered:

- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental health problems covered:

- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder

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.

The Mental Health First Aid Program was developed in 2001 at the Centre for Mental Health Research at the Australian National University by Betty Kitchener and Professor Tony Jorm. In 2005 the Program moved to Orygen Youth Health Research Centre at the University of Melbourne.

For more information about the Mental Health First Aid Program see www.mhfa.com.au