



Mental Health First Aid

Course Outline

COURTENELL PTY LTD.

ABN 30 050 109 281
 ACN 050 109 281
 Mail P O Box 248. Broadway. NSW 2007
 Address 147 St Johns Road, Glebe, NSW 2037
 Email train@courtenell.com.au
 Web www.courtenell.com.au
 Phone 02 9552 2066

AIMS

Mental Health First Aid (MHFA) course teaches participants on providing initial assistance to another adult facing a mental health problem or crisis, until professional assistance is obtained, or the crisis resolves. Participants gain knowledge about identifying signs and symptoms of prevalent mental health issues in adults, understanding the progression of mental health problems, and recognizing available treatments and supports.

In a safe learning environment, MHFA participants learn skills enabling them to give mental health first aid to adults experiencing mental health problems or a mental health crisis prior to professional assistance or crisis resolution. Participants will discover adult mental ill-health types, signs and symptoms, preferred recognition methods and responses to emerging or worsening mental ill-health as well as the various treatments in support services available. The course is conducted in a non-judgemental environment.

Practical and evidence-based action plan provides practical approaches to commence a conversation with an adult who may be suffering mental ill-health that encourages the person to utilise professional help and support services. Participants completing this course will be equipped with the facts, confidence and techniques required to provide mental health information and support when it may matter most.

LEARNING OUTCOMES

Upon successful completion of this training, participants should be able to:

- Recognise the signs and symptoms of mental health problems in adults.
- Use the MHFA evidence-based action plan to initiate a mental health first aid conversation.
- Understand the barriers to help-seeking and how to overcome these barriers.
- Assess for a range of crisis situations and provide initial support.
- Understand the prevalence and impact of mental illnesses, associated risk factors and treatments, their treatment and support services available.
- Apply self-care practices as a Mental Health First Aider.

The course is divided in 4 Modules

Module 1	Module 2	Module 3	Module 4
Mental Illness. <ul style="list-style-type: none"> ▪ The prevalence and impact Mental Illness intervention techniques. ▪ Depression – the signs, symptoms, and the risk factors. ▪ How to intervene when you see signs of depression? 	Crisis first aid for panic attacks. <ul style="list-style-type: none"> ▪ Crisis first aid after traumatic events. ▪ First aid for anxiety problems. ▪ Psychosis: the signs, symptoms, and the risk factors. ▪ How to intervene when you see signs of psychosis? 	Crisis first aid for suicidal thoughts and behaviours. <ul style="list-style-type: none"> ▪ Crisis first aid for non-suicidal self-injury. ▪ First aid for depression. ▪ Anxiety: the signs, symptoms, and the risk factors. ▪ How to intervene when you see signs of anxiety. 	Crisis first aid for severe psychotic states <ul style="list-style-type: none"> ▪ Substance misuse: signs, symptoms, risk factors. ▪ How to intervene when you see signs of substance abuse? ▪ Crisis first aid for severe effects of substance use and aggressive behaviours. ▪ First aid for substance use problems.



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BUSINESS BENEFITS:

- **Establish an environment beneficial to resilience of the workforce:** Proactively addressing mental health in the workplace lays the foundation for a more resilient and innovative work environment.
Compliance with Legal and Ethical Standards: Employers are legally obligated to provide mentally safe and healthy workplace environments for their staff. Being proactive in creating a psychologically healthy and safe workplace, employers meet both moral and legal obligations and responsibilities with regards to workplace mental health.
- **Cost Savings:** Implementing a mentally healthy workplace makes good business sense. Mental health-related absenteeism and presenteeism impose a financial burden of over \$10.9 billion annually on Australian businesses.
- **Positive Employer Branding:** A commitment to mental health awareness enhances the organization's reputation, making it an attractive place to work.

PARTICIPANT BENEFITS

- **Increased Self-awareness:** Participants gain a deeper understanding of their own mental health and well-being.
- **Enhanced Communication Skills:** Improved ability to communicate effectively about mental health issues, reducing stigma and fostering open dialogue.
- **Personal Resilience Development:** Acquiring coping strategies and resilience-building techniques for managing stress and challenges.
- **Increased knowledge, Confidence and Skills.** Participants who complete the course become Mental Health First Aiders (MHF Aiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

MODE OF DELIVERY

- Public Face to Face
- On-site workplace based.

DURATION

2 Days (Between 9.00am and 4.30pm)

TRAINER

Courtenell's Mental Health First Aid courses are led by an MHFA trained and Licensed Instructor.

TRAINING EVALUATION AND CERTIFICATE

Through group and general discussions, case studies, and a short assessment at the end of the course a quiz. After completion of a short assessment at the end of the course, participants will be accredited as Mental Health First Aider (MHF Aider). Accreditations are valid for 3 years.