

STANDARD MENTAL HEALTH FIRST AID

Course Dates:

17 & 18 June 2019
21 & 22 October 2019
17 & 18 February 2020
22 & 23 June 2020
26 & 27 October 2020

What is the format?

This is a 12-hour course which is delivered as a 2-day training package (6 hours per day).

Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

Who can attend this course?

Any persons over the age of 18 can attend.

Become an Accredited Mental Health First Aider

Demonstrate your mental health first aid skills by becoming an Accredited Mental Health First Aider. Complete an online assessment after the course to become accredited.

Location: Level 1, 10-12 Short Street, Bourne House, Port Macquarie NSW

Cost of the course?

Cost: \$250 (includes two days of training, catering and hard copy manual)

If you are an employee or volunteer of St Agnes' Parish, the cost will be covered with approval from your manager.

How do I sign up?

Contact Don Mackenzie via email: dmackenzie@cc.stagnesparish.org.au or phone 6581 6800.

If organising a course for a group, please contact Don Mackenzie to negotiate a reduced fee per participant, depending on your organisation's needs.



The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health issue or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan. This course is based on guidelines developed through the expert consensus of people with lived experience of mental health issues and professionals.

Mental health issues covered

- Depression
- Anxiety
- Psychosis
- Substance use

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.

Note: This course is not a therapy or a support group.

