

## THE 14-HOUR ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID COURSE

This course teaches members of the public how to assist Aboriginal or Torres Strait Islander people who are experiencing a mental health crisis or developing a mental health problem.

### What is Mental Health First Aid?

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.

### What is the Aboriginal and Torres Strait Islander MHFA Course?

The Aboriginal and Torres Strait Islander Mental Health First Aid (MHFA) course is based on the MHFA Guidelines. These guidelines were developed using the consensus of Aboriginal mental health workers. *Further information under the 'Resources' > 'Guidelines' menu at the MHFA website.*

### Course Content

The course teaches members of the public how to assist an Aboriginal or Torres Strait Islander person who is developing a mental health problem or in a mental health crisis.

#### Developing mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

#### 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.

**Participants will learn about social and emotional wellbeing, the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.**

### Course Format

This is a 14-hour course (6 modules). The delivery format is flexible. Course participants receive a copy of the MHFA Manual to keep and a Certificate of Completion.

### Where can the courses be held?

MHFA courses can be conducted wherever a Mental Health First Aid Instructor can travel. If extended travel is required, the instructor's expenses may need to be met (to be negotiated with the instructor).

*Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.*

### Upcoming AMHFA courses

MHFA courses for members of the public are advertised through the MHFA website at: *'Courses' menu > 'Course Calendar'.*

### Finding an AMHFA Instructor

You can find MHFA Instructors in your area on the MHFA website at: *'Courses' menu > 'Find an Instructor'.*

Select state or postcode. Select instructors' names to review their details. You can then contact instructors directly about conducting a course for your organisation or workplace.

### Who can attend an AMHFA course?

Any interested adult can attend. Please note that this course is not a therapy or support group. It is an education course to learn how to give mental health first aid to others.

### Cost

Contact your local instructor to ask about their fees.

*All instructors of this course are trained by Mental Health First Aid Australia*

### About MHFA Australia

The Mental Health First Aid Program was developed in 2000 by Betty Kitchener and Prof Tony Jorm and operates within Mental Health First Aid Australia - a national not-for-profit organisation (based in Melbourne) focused on mental health training and research for communities and the workplace.

The Program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in workplace and community settings. *Further information about MHFA related evaluations under the 'Research' menu of the MHFA website.*

The Program has spread to every state and territory of Australia and internationally. *More information under the 'International' link at the MHFA website.*

### Other Available MHFA Courses

- **14-hour Youth MHFA course** covering how to assist adolescents and 3.5 hour teen course for adolescents helping adolescents
- **12-hour Standard MHFA course** covering how to assist adults
- **Instructor Training courses** accrediting suitable candidates to become Instructors of the 12, 14 and 3.5 hour courses.

*More information under the 'Be an Instructor' menu of the MHFA website*