

This 12-hour SMHFA Course teaches adults (18 years and over) how to provide Mental Health First Aid to friends, family and co-workers.

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

The first aid is given until the appropriate professional help is received or the crisis resolves.

What is the Standard Mental Health First Aid course?

The Standard Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

Course Content

The SMHFA course teaches adults how to provide initial support to adults who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or mental health crises:

Developing mental health problems

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

Mental health crises

- 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 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 12-hour course. The delivery format is flexible. Course participants receive a copy of the SMHFA Manual to keep and are eligible to become an accredited Mental Health First Aider.

Where can SMHFA courses be held?

The course can be conducted wherever a SMHFA Instructor can travel. If extended travel is required, the instructor's travel expenses may also need to be met (to be negotiated with the instructor).

Finding a SMHFA Instructor

You can find MHFA Instructors in your area on the MHFA website and contact them directly about conducting a course for your organisation or workplace.

Instructors set their own fees, so we recommend you contact several local instructors for quotes.

All instructors of this course are trained by MHFA Australia.

Who can attend a SMHFA course?

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course. [More info at the MHFA website.](#)

Become an Accredited Mental Health First Aider

Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.

Other MHFA Courses for helping adults

MHFA FOR ABORIGINAL AND TORRES STRAIT ISLANDERS (14-HOUR)

How to assist Aboriginal and Torres Strait Islanders who are developing a mental health problem or experiencing a mental health crisis.

MHFA FOR THE SUICIDAL PERSON (4-HOUR)

How to assist a person experiencing suicidal thoughts and behaviours.

BLENDED MHFA FOR WHITE-COLLAR WORKERS

Designed for workplaces that require flexibility (elearning and 4-hr face-to-face workshop).