

## INFORMATION FOR PHARMACISTS

### Standard Mental Health First Aid Course

The 12-hour Standard Mental Health First Aid (MHFA) course is for any interested adult.

You will learn how to assist an adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan.

This is an education course, to learn how to give first aid to others, and is not a therapy or support group.

Developing mental health problems covered:

- Depression
- Anxiety
- Psychosis
- Substance use problems

Mental health crisis situations covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe effects of drug and alcohol abuse
- Severe psychotic states
- Aggressive behaviours



### Accreditation number: CX17134

This activity has been accredited for 12 hours of Group 2 CPD (or 24 CPD credits) suitable for inclusion in an individual pharmacist's CPD plan.

### **The learning objectives of the course are:**

- Discuss the signs and symptoms, risk factors, and evidence-based treatments for depressive, anxiety, psychotic and substance use disorders.
- Apply evidence-based strategies to give initial support and information to a customer and/or colleague developing a mental health problem.
- Apply evidence-based strategies to handle possible mental health crisis situations including a customer and/or colleague person who: is feeling suicidal; is having a panic attack; has had a recent traumatic experience; is acutely psychotic and perceived to be threatening violence; has overdosed.
- Demonstrate an ability to use the steps of the mental health first aid action plan (ALGEE), which are:
  - A: Approach, assess and assist with any crisis
  - L: Listen and communicate non-judgementally
  - G: Give support and information
  - E: Encourage appropriate professional help
  - E: Encourage other supports

### **The 2016 Competency Standards addressed by the course are:**

1.1.1, 1.1.2, 1.1.3, 1.1.4, 1.1.5, 1.4.1, 1.4.2, 1.4.3, 1.5.1, 2.1.1, 2.1.2, 2.1.3, 2.1.4, 2.2.1, 2.2.2, 2.2.3, 2.3.1, 2.3.2, 2.4.1, 2.4.2, 2.4.3, 3.1.1, 3.1.2, 3.1.3, 3.2.2, 3.2.5, 3.3.1, 3.3.2, 3.3.3, 3.6.2, 3.6.3, 3.6.1, 4.1.2, 5.1.3.

### **Course Details**

DATES

TIMES

FACILITATOR/S