



**MENTAL
HEALTH
FIRST AID**
Australia

MENTAL HEALTH FIRST AID **FOR INSOLVENCY PROFESSIONALS**

Learn how to provide mental health first aid to a co-worker
or person experiencing financial distress.



In partnership with AFSA, ARITA and ASIC, Mental Health First Aid Australia has developed a course to teach insolvency professionals how to help someone experiencing mental health problems or in crisis 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 problems and professionals.

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.

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



What is the format?

This course is offered in a blended format consisting of a self-paced eLearning module (6-8 hours) followed by a 4-hour workshop.



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.



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.



Who can attend this course?

Any person working in, or in connection with the insolvency industry.

How do I sign up?

Go to the Course Calendar on our website and select a course near you. If organising a course for a group, search for a local Instructor on our website to discuss your needs.



Full range of courses available at:

mhfa.com.au/courses

Alternatively, attend an introductory session for senior leaders online at:

mhfa.com.au/courses/elearning/41965



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