

WOULD YOU KNOW HOW TO ASSIST A CO-WORKER WHO WAS EXPERIENCING A MENTAL HEALTH PROBLEM?

Mental Health First Aid Australia has developed a blended course tailored to legal workplaces. This course is a combination of online (eLearning) and 4-hours face-to-face training teaching managers, supervisors and individuals how to assist a co-worker who is developing a mental health problem or experiencing a mental health crisis.

THE ELEARING COMPONENT COVERS

Developing mental health problems:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Eating disorders

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

THE HALF DAY FACE-TO-FACE SESSION COVERS

- Learn how to recognise signs and symptoms of mental health problems and crises in your employees and co-workers
- Understand risk factors and appropriate evidence-based treatments and supports
- Learn how to respond and offer appropriate support to employees and co-workers using the Mental Health First Aid Action Plan ALGEE

HOW TO ENROL?

Two-step process:

1. Enrol online and complete the eLearning component via the mhfa website.
2. Attend a follow-up face-to-face session by contacting a MHFA instructor listed on the 'Find an Instructor page' of the website. Most instructors are willing to travel but need expenses covered.

COST

The cost of the eLearning course is \$150 which includes a MHFA Manual.

The cost of the half day session varies. Your local Instructor can confirm their individual fees.

ABOUT MHFA AUSTRALIA

Mental Health First Aid Australia is a national not-for-profit organisation that develops and evaluates mental health training and research. Our vision is to create a community where everyone has the first aid skills to support people with mental health problems.

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.