

MENTAL HEALTH PROTECT™

Free training for the veteran community.

Gain the knowledge, skills, and confidence to support veterans experiencing mental health problems or crises through free mental health and suicide prevention courses.

This resource relates to courses delivered by:



**MENTAL HEALTH
FIRST AID®**

For Anyone. For Everyone.



LIVINGWORKS



The Mental Health Literacy and Suicide Prevention Training Program has been funded by the Department of Veterans' Affairs

Australian Government
Department of Veterans' Affairs




Standard Mental Health First Aid

For the veteran community

The Standard Mental Health First Aid® course for the veteran community teaches how to provide initial support to someone who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.

Choose from 1 of 3 delivery formats:

Standard MHFA Face-to-Face	Standard MHFA Blended Face-to-Face	Standard MHFA Blended Online
 <p>2 x 6-hour sessions over 2 days</p>	 <p>Self-paced eLearning (5-7 hours), followed by a 4-hour Face-to-face session</p>	 <p>Self-paced eLearning (5-7 hours), followed by 2 x 2.5-hour video conferencing sessions</p>

LivingWorks Suicide Prevention Skills Training

LivingWorks trains ex-serving organisations, veterans, their families and their support providers so that everyone can be part of building suicide safer communities.

LivingWorks suicide prevention skills training prepares you for the helping role of your choice, offering a variety of learning options and experiences.

Choose from 1 of 3 courses:

 LIVINGWORKS Start	 LIVINGWORKS safeTALK	 LIVINGWORKS ASIST
 <p>Fundamental Skills: Begin the conversation Self-paced eLearning (1.5 hours)</p>	 <p>Engage and Connect: Suicide Alertness and Exploring Attitudes. Face-to-face (3-4 hours)</p>	 <p>Gold Standard: Suicide First Aid with Safety Planning Face-to-face over 2 days</p>

For more information on the range of fully funded flexible training programs to support the veteran community to assist others in mental health literacy and suicide prevention, visit mhfa.com.au/protect

LIMITED PLACES
Enrol now

