



# K2003P Mental Health First Aid

State ID: K2003P

## About this course

**Each year, one in five Australians experience a mental illness.**

Mental Health First Aid (MHFA) provides participants with the skills to help those involved in a mental health crisis until it resolves or professional treatment is received. MHFA is an evidence-based training courses authored by MHFA Australia and delivered by an accredited NRT MHFA instructor.

The course covers recognition and response to the most common and subacute mental health disorders, including:

- Depression and anxiety
- Post Traumatic Stress Disorder
- Psychosis
- Suicidal tendencies
- Non-suicidal self-injury
- Substance misuse

This course is designed for all members of the public aged 18 years and above. It is also suitable for health professionals, human resources staff, managers and others in frontline jobs.

## Overview

## Semester 1, 2020

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### 20 - 21 May, 2020

-  Duration: **2 Days**
-  Where: **Karratha Campus**
-  When: **Semester 1, 2020**
-  How: **Face-to-face classroom delivery**

## Units

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### Core

National ID	Unit Title
K2003	Mental Health First Aid