



Mental Health First Aid

State ID: K2003P

About this course

Your health and safety is important to us.

Spaces are limited in face-to-face classes to adhere to social distancing guidelines. Additional hygiene protocols will be implemented and other controls may apply. Students must follow the directions of the lecturer to ensure the health and safety of all students and teaching staff.

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.

LOWER FEES LOCAL SKILLS

Overview

Semester 2, 2020

Pundulmurra (South Hedland) Campus

-  Duration: **2 Days**
-  When: **4 - 5 November, 2020**
-  How: **Face-to-face classroom delivery**
-  Fee: **Lower fees, local skills price**
Full fee: \$325.00
Concession: N/A

Units

Core

National ID	Unit Title
K2003	Mental Health First Aid