

Mental Health First Aid

The Mental Health First Aid course teaches participants how to provide initial support to another adult who may be experiencing a mental health challenge or mental health crisis, until professional help is received or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health challenges in adults, how to recognise and respond to an emerging or worsening mental health challenge, and the treatments and supports available.



Intervene early

Recognise the warning signs of mental health challenges in other adults.



Offer support

Learn the skills to speak openly and accurately about mental health.



Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health challenges.

COURSE CONTENT

The course covers a wide range of common mental health challenges and crisis situations.

Participants will learn how to offer appropriate support for:

- Depression
- Anxiety
- Psychosis
- Substance use behaviours
- Suicidal thoughts and behaviours
- Panic attacks
- Non-suicidal self-injury
- Traumatic events

BECOME A MENTAL HEALTH FIRST AIDER

Learners who complete the course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

Accreditations are valid for 3 years.

Mental Health First Aid

DURATION AND FORMAT



Face-to-Face

In person facilitated workshop
(2-day duration)



Blended Face-to-Face

Self-paced learning
(5-7 hours) and 4 hours in
person facilitated workshop



Blended Online

Self-paced learning
(5-7 hours) and 2 x 2.5 hours
online facilitated workshops

SUITABILITY

Suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.

LEARNING OUTCOMES

By the end of the course, participants will be able to:

- Recognise the signs and symptoms of common mental health challenges in adults
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Identify barriers to help-seeking and strategies to overcome them
- Assess a range of mental health crisis situations and provide initial support
- Understand the prevalence, risk factors, and impact of mental illnesses, along with available treatments and supports
- Apply effective self-care strategies as a Mental Health First Aider

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