



# Mental Health First Aid Courses

Course duration: two (2) days

**Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis (e.g., the person is suicidal or has had a traumatic experience).**



Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

Mental health first aid strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and delivered by accredited MHFA Instructors across the country. St John Ambulance Queensland offers MHFA Courses as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.

## **12 Hour Standard MHFA Course**

The 12-hour Mental Health First Aid (MHFA) Course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.

## **14 Hour Youth MHFA Course**

The 14-hour Youth Mental Health First Aid (YMHFA) Course teaches adults (18 years and over) how to provide initial support to adolescents who are developing a mental illness or experiencing a mental health crisis.

### **Cost**

- Public course \$260 per individual
- Private (onsite) courses are available, please contact us for further details.

### **Course Content**

Course participants learn about the signs and symptoms of the common and disabling mental health problems, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Developing mental health problems covered are:

- Depression
- Substance use problems
- Anxiety problems
- Eating Disorders (Youth MHFA course only)
- Psychosis

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours



All MHFA Courses teach how to give the mental health first aid using the MHFA Action Plan ALGEE®

<https://mhfa.com.au/about/our-activities/what-we-do-mental-health-first-aid>



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## Testimonials

“Really enjoyed it, opened up my eyes to the complex issue of mental health and really put myself in the shoes of those suffering from mental health. It has resonated in me the importance of social change towards the stigma of mental health.”

“This course is very informative and I think more people should do this to better understand people in need.”

“I enjoyed it so much that I would like to learn more about mental health in order to help others.”

“An excellent and very helpful course - anyone involved in ministry should be encouraged to do it as we are likely to meet people with mental health problems almost every day, and we owe it to them to know how to help them.”

“I am very glad that I did this course. I feel much more confident about the best approach to use if I encounter mental health problems like these.”

“Because of what I’ve learned, the company I work for have continued to offer this as a standard training offer for staff to complete. My co-workers have asked about the course and because of the content and the facilitators’ experience I’ve encouraged others to enrol.”

## Our Facilitators

St John Ambulance Queensland facilitators are fully accredited with MHFA Australia and are required to maintain their accreditation through regular professional development and course delivery.

All of our facilitators, who are accomplished communicators, have considerable experience training this course. Coupled with their extensive Mental Health practical experience, they have, between them, a variety of qualifications in mental health, community service and vocational education & training. Our facilitators all currently hold leadership and training roles within St John Ambulance Queensland.

## Who can attend?

Any interested adult can attend. Please note that this course is not a therapy or support group, rather it is an education course to learn how to give first aid to others.

## Course Format

These courses can be delivered as either:

- A two (2) day training package (either consecutive days or two (2) separate days), or as
- Four (4) separate training modules of three (3) hours each (or three and a half (3 ½) hours for Youth MHFA).

We recommend and schedule 2 consecutive days for best outcomes, but flexibility can be provided.

Course participants receive a copy of the Standard or Youth MHFA Manual and are eligible to complete an online Accreditation Assessment with Mental Health First Aid Australia to receive a Mental Health First Aider Certificate of Accreditation which is valid for three years.

## Claim CPD Points

Many professional disciplines can claim attendance at a MHFA course for Continuing Professional Development (CPD) with their industry body.

## Further information

Please visit [www.stjohnqld.com.au](http://www.stjohnqld.com.au) or call our customer service team on 1300 ST JOHN (78 5646).



**St John**

