

Introducing the Mental Health First Aid (MHFA) course

Mental Health First Aid (Standard course) is a 12-hour course that will teach you signs and symptoms associated with common mental health illnesses, as well as how to help someone who may be experiencing a mental health problem using a practical, evidence-based Action Plan.

The course material has been developed on both evidence-based research and a consensus-based approach, in consultation with those who have experienced mental health problems and mental health professionals.

What does the course cover?

- Mental health problems in Australia;
- Mental Health First Aid Action Plan;
- Mental health illnesses including depression, anxiety problems psychosis and substance use problems; and
- How to guide a person to support.

The course will also teach you how to provide immediate assistance to someone who is in crisis, which may include suicidal thoughts and behaviours, traumatic events or severe psychotic states.

How do I access the course?

icare runs this course on a quarterly basis at its Sydney office. It is run over a two-day period and is open to icare customers who would like to know more about Mental Health First Aid.

Spaces are limited, so if you'd like to send a representative from your organisation to our next available course please email icare at prevent@icare.nsw.gov.au

Who can attend?

Any adult can attend. For a workplace setting, we recommend that this course initially be attended by:

- Human Resources professionals;
- Injury Management professionals;
- Safety Management/Safety Representatives;
- Operational Managers; and
- Supervisors/People Leaders.

Why should I attend?

By attending this course, you will:

- Improve your knowledge of mental illnesses, the sign and symptoms, the treatment available, and mental health first aid strategies;
- Build your confidence in providing first aid to individuals who might be experiencing a mental health illness, or who might be in crisis;
- Contribute to increasing the help and support available for those suffering from mental health illnesses and decreasing the stigma around it; and
- Get a copy of the MHFA Manual and be eligible to become an accredited Mental Health First Aider on completion.