

Mental Health First Aid 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.

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.

Jigsaw Training Group offers MHFA Courses as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.

Accredited to deliver MHFA
Courses by MHFA Australia



**MENTAL
HEALTH
FIRST AID**

www.mhfa.com.au

Developing Mental Health Problems - covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

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

\$250.00

inc GST per person
for the 2 day
training course.

You will receive a copy of the Standard MHFA Manual to keep and a Certificate of Completion.

Course held at:

The Old Firestation -
140 Enoggera Terrace, Paddington, QLD 4064

ENROL NOW AT
jigsaw.edu.au

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