



Mental Health First Aid Applied Class

Key skills for assisting someone experiencing a mental health challenge

Course Overview:

Participants will learn how to respond, listen to or support someone they are concerned about. Developing mental health first aid skills is important for early detection and intervention.

Reducing the risk of stress and mental health problems in the community and workplace leads to a happier community and workplace culture.

- Understanding Psychosocial hazards and associated risks
- Identifying the potential impact of psychosocial hazards
- Ways to minimise the impact of psychosocial hazards
- The importance of understanding mental health warning signs

This 60 minute interactive training steps participants through the essential information needed for approaching and assisting a person who may be struggling with their mental health.

Mental Health First Aid Applied covers:

- Mental Health First Aid: what, why, how
- Understanding Mental Health
- Types, Signs & Symptoms
- Applied Empathy
- 3-Step Action Plan
- Applied Practice

Participants of this course receive:

- Mental Health First Aid Booklet
- AHA! Action Plan
- Empathy Charts
- 4-week follow up email series to review and encourage further practice
- Certificate of attendance of class

Our accredited Mental Health First Aiders are aware of the scope of mental health concerns being faced in these times. Our trainers are professional, relatable and passionate about what we are offering.