

MENTAL HEALTH FIRST AID



PREFERRED TRAINING
NETWORKS



**YOUR TRUSTED
LEARNING AND
DEVELOPMENT
ADVISOR**

Mental Health First Aid has been around since 2000, and it's one workplace skill that many organisations now wish they had invested in sooner. Most workplaces know how to respond to physical injuries, having already the first aid kits in place. However far fewer know what to say when a colleague is struggling with stress, anxiety, burnout or a mental health concern. This course helps to bridge that gap.

While the accredited MHFA framework remains nationally consistent, we also contextualise discussions, examples and workplace scenarios to reflect your environment, industry pressures and frontline realities. This helps the training feel more practical, relevant and immediately applicable to your teams.

Delivered by Mental Health First Aid accredited instructors, participants will learn how to recognise the signs of common mental health problems, start supportive conversations, respond appropriately during a crisis and guide someone towards professional help.

KEY COURSE CONTENT

- Identify common signs and symptoms associated with mental health problems in adults
- Use an evidence-based mental health first aid approach to begin supportive conversations
- Recognise barriers that may prevent people from seeking help and explore ways to encourage support-seeking
- Respond appropriately to a range of mental health crisis situations and provide initial assistance
- Develop an understanding of common mental health conditions, contributing risk factors, available treatments and support pathways
- Practice self-care strategies and maintain wellbeing while supporting others as a Mental Health First Aider

NUTS AND BOLTS



Target Audience
Staff and employees



Duration
Available as a full-day course



Delivery
Available in-person at your organisation/venue, or virtual



Group Size
Recommended 4 to 10 participants



Resources
Participants receive a certificate of completion & opt for a free follow-up refresher course.

GET A QUICK QUOTE

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