

This 12-hour Course teaches adults how to provide mental health first aid to friends, family and co-workers.

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.

What is the Standard Mental Health First Aid course?

The Standard Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. Curriculum content is evidence-based, with the input of mental health professionals, researchers and consumer advocates.

Course Content

The SMHFA course teaches adults how to provide initial support to adults who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or mental health crises:

Developing mental health problems

- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

Mental health crises

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Format

This is a 12-hour course with flexible delivery. Course participants receive a copy of the SMHFA Manual and are eligible to become an accredited Mental Health First Aider.

Who can attend a SMHFA course?

Any interested adult can attend, there are no prerequisites for this course.

Why attend a SMHFA Course?

As a participant you will gain improved knowledge of mental illnesses and their interventions, knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with a mental health problem.

How do I sign up for a course?

Upcoming courses are listed on our website, and are often available Australia wide.

If you wish to book a course for a workplace, community or have queries, you can search for an Instructor on our website to discuss your needs.

Become an Accredited Mental Health First Aider

Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.

Other MHFA Courses for helping adults

MHFA FOR ABORIGINAL AND TORRES STRAIT ISLANDERS (14-HOUR)

How to assist Aboriginal and Torres Strait Islanders who are developing a mental health problem or experiencing a mental health crisis.

MHFA FOR THE SUICIDAL PERSON (4-HOUR)

How to assist a person experiencing suicidal thoughts and behaviours.

OLDER PERSON'S MHFA (12-HOUR)

How to assist a person aged 65 years and older.

BLENDED MHFA FOR THE WORKPLACE

Designed for workplaces that require flexibility (eLearning and 4-hour face-to-face workshop).