



Community Awareness Training
& Education Services

Standard Mental Health First Aid Course



Course Content

The Standard MHFA course teaches members of the public how to assist someone who is developing a mental health problem or in a mental health crisis.

Developing mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crises covered:

- 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 these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Where are the Courses held?

Courses are presented at the magnificent training facilities of the Next Generation Health & Lifestyle Club War Memorial Drive, North Adelaide, SA 5006.

Contact Information

CATES TRAINING

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The 12-Hour Standard Mental Health First Aid Course

This course teaches adults how to assist other adults who are experiencing a mental health crisis or developing a mental health problem.

What is Mental Health First Aid?

Mental health first aid is the help given to someone developing a mental health problem or in a mental health crisis.

The first aid is given until appropriate professional treatment is received or until 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. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

Who can attend a MHFA course?

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course.

Course Format

This is a 12-hour course (4 modules, 3 hours each). The delivery format is flexible. Course participants receive a copy of the Standard MHFA Manual to keep and a Certificate of Completion. Upon completion of the course there is an option to take an online exam to achieve accreditation directly from MHFA Australia.

“.. This training is helpful to every person regardless of their role within an organisation ..”

Amanda Rosairo
HR Officer, disAbility Living