



Community Awareness Training
& Education Services

Older Person Mental Health First Aid Course



Older Person Mental Health First Aid course :

Learn how to provide mental health first aid to people aged 65+.

Course content:

The Older Person Mental Health First Aid course will teach you how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course will help you:

- Gain an understanding of the latest research in the mental health field
- Learn the 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions
- Practice mental health first aid skills

This is a 12-hour course, which is usually delivered as either:
A 2-day training package 6 hours per day, or as 4 separate modules (3 hours each).

Where are the Courses held?

Courses can be delivered at The Next Generation Club, Memorial Drive, North Adelaide or at your work venue.

Contact Information

CATES TRAINING

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Older Person Mental Health First Aid course

Learn how to provide mental health first aid to people aged 65+.

What is Older Person Mental Health First Aid?

Learn how to provide mental health first aid to people aged 65+. The Older Person Mental Health First Aid course will teach you how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

Course Format

This is a 12-hour course, which is usually delivered as either:
A 2-day training package:
6 hours per day, or as
4 separate modules (3 hours each).

What is the Mental Health First Aid course?

The 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.

Who can attend the Older Person Mental Health First Aid course.

Any interested adult, particularly those who work with, live with or care for older people, including families and carers.

“ .. We consistently receive positive feedback from staff who attend Kate's courses ...”

Peter Wall-Smith
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