



**C.A.T.E.S.**

Community Awareness Training  
& Education Services

# Mental Health First Aid for the Suicidal Person



## Mental Health First Aid for the Suicidal Person Course

The 4-hour stand alone Mental Health First Aid for the Suicidal Person Course is based on the revised Mental Health First Aid Guidelines for Suicidal Thoughts and Behaviours and is specifically designed to assist a person who is suicidal. This course was launched on World Mental Health Day October 10th 2016.

### What the Course covers?

It teaches staff/individuals warning signs to look out for, and what to do, in the form of a very practical 3 Key Action Suicide Response Plan to prevent suicide.

Course participants learn:

- How to approach a person who may be suicidal
- How to keep the suicidal person safe for now
- How to connect the suicidal person to appropriate professional help

### 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 or at can be presented at your organisation's venue.

### Contact Information

#### CATES TRAINING

Kate Erne  
0414013730  
info@CATEStraining.com.au  
www.CATEStraining.com.au



## Mental Health First Aid for the Suicidal Person

Do you know how to help a suicidal person?  
Now available this new 4-hour specialised  
Mental Health First Aid course

### What is the Mental Health First Aid for the Suicidal Person Course ?

Mental health first aid is the help given  
This new course is based on our expert consensus guidelines '*Suicidal Thoughts and Behaviours - First Aid Guidelines*'.

Curriculum content is evidence-based, with the input of both mental health professionals, researchers and consumer advocates.

### Who can attend the course?

Any interested adult can attend. This course is not a therapy or support group nor a postvention course. It is an education course and it is important that people undertaking this course are feeling relatively robust when they undertake it. It is not recommended for individuals recently bereaved by suicide.

### Course Format

Training consists of 4 hours face-to-face classroom site based training and course participants receive a Handbook and online Certificate of Completion.

This training compliments the 12-hour Standard MHFA course and the 14-hour Youth MHFA course.

“ .. highly recommended by our staff as engaging, informative and perceptive...” ”

Joe Gannon  
Manager of Homelessness Services  
UnitingCare Wesley PA