



**MENTAL
HEALTH
FIRST AID**
Australia

MENTAL HEALTH FIRST AID **CONVERSATIONS ABOUT SUICIDE**

Learn how to provide mental health first aid to someone who is feeling suicidal.



The Mental Health First Aid Conversations About Suicide course will teach you how to identify, approach and support someone who is experiencing suicidal thoughts and behaviours using a practical, evidence based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Note: This course is not a therapy or a support group. This course is not recommended for individuals recently bereaved by suicide.



What is the format?

This is a 4-5 hour workshop.



Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.



What will you learn?

- How to identify warning signs for suicide
- How to confidently support a person in crisis
- How to help the person stay safe
- How to connect someone to appropriate professional help.



Who can attend this course?

Any adult can attend.



How do I sign up?

Go to the Course Calendar on our website and select a course near you. If organising a course for a group, you can search for a local Instructor on our website to discuss your needs.

Full range of courses available at:
mhfa.com.au/courses



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