

BLENDING ONLINE MENTAL HEALTH FIRST AID

100% online in a blended format.

- **Course Component 1 - A self-paced eLearning component (takes 5-7 hours to complete)**
- **Course Component 2 - An Instructor-led component using video conferencing (2 sessions of 3 hours each- including set up time).**

Course Description

The Blended Online MHFA Community Course has been adapted from the Standard Mental Health First Aid Course for adults.

In this informative and practical course, you will learn about the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide mental health first aid in a crisis situation using a practical, evidence-based action plan.

Mental health first aid skills learnt by participants in this course can be applied in any setting. Course content includes case-studies, videos and resources tailored to the learning needs of community/public course participants.

Developed in response to COVID-19, the new Blended Online MHFA Community Course includes two course components.

Course Component 1 – Self-paced interactive eLearning (5-7 hours)

The eLearning course component presents an overview of mental health problems and mental health crises.

Developing mental health problems covered include:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

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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 behaviour

Course Component 2 – Instructor-led video conferencing (2 x 3 hour sessions) - follows the completion of Course Component 1 – eLearning.

Course Component 2 provides course participants with an opportunity to revise content covered in the self-paced eLearning program and to consolidate the application of this content with the development of practical skills in a group environment online.

Course Component 2 provides participants with the opportunity to:

- Revise the eLearning content and the MHFA Action Plan
- Clarify any points of uncertainty remaining after completion of the eLearning modules
- Apply the MHFA Action Plan to relevant scenarios
- Discuss and reflect 'a where to from now' in using mental health first aid skills
- Develop a self-care plan to maintain good mental health.

Both course components of the course are to be completed within a 3-month period.

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

Eligibility Criteria

This course is adapted from the current Australian Standard Face-to-Face Mental Health First Aid Course for adults. Course specific content, health system information and resources related to the provision of Mental Health First Aid within Australia.

Course participants are required to be Australian residents and over the age of 18.



BLENDED ONLINE MENTAL HEALTH FIRST AID EXPRESSION OF INTEREST

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The cost for the MHFA Course is \$250 per person.

Name:

Company:

Address:

Email:

Contact Number: *Office:* *Mobile:*

No. of people interested from our company is: (*please provide names below*)

Names: 1. 2.

3. 4.

Please select your preferred course dates for the online facilitated sessions:

(either Course 1 or Course 2)

Course 1: Session One - Fri 2 Oct 1-4pm Session Two - Fri 9 Oct 1-4pm

Course 2: Session One - Mon 26 Oct 1-4pm Session Two - Mon 2 Nov 1-4pm

Please completed form via email to

kersten@ftma.com.au or fax to: 03 5962 3463

