

Mental Health First Aid

****Coming early 2020****

COURSE DURATION:	TBA
COURSE LOCATION:	John Henry Institute – Suites 5&6, 68 Clarence St, Port Macquarie
COURSE COST:	TBA

COURSE OVERVIEW:

We are working towards a world where everyone has the first aid skills to support people with mental health problems.

Each year **1 in 5 Australians** will experience a mental illness. Many people are not knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however most do not cover mental health problems. Mental Health First Aid (MHFA) teaches people the skills to help someone who they're concerned about.

COURSE CONTENT:

- Skills in how to recognize the signs and symptoms of mental health problems
- Knowledge of the possible risk factors for these mental health problems
- Awareness of the evidenced based medical, psychological and alternative treatments available
- Skills in how to give appropriate initial help and support someone experiencing a mental health problem and
- Skills in how to take appropriate action if a crisis situation arises.

UNITS OF COMPETENCY:

Successful participants will receive a Certificate of Completion in:
Mental Health First Aid

MODE OF DELIVERY:


This training course is delivered face-to-face.

COURSE LOCATION:

This course may be conducted in JHI's training facilities in Port Macquarie, or on-site at your premises upon request (for groups of 10 or more).

BOOKINGS:

Please email the team at John Henry Institute – info@jhi.edu.au to enrol in our next course, or to discuss your specific organisational requirements.



**Enquire today for
Early 2020!**