

Mental Health First Aid

This course is for Cerebral Palsy Alliance employees

Who is this course for?

People who (in their role) need to support someone experiencing mental health problems or mental health crisis

For more detail see your Learning Journey

If this course is relevant to your role, but not mandatory, please discuss with and get approval from your manager

What content does the course cover?

This training session is run by an accredited MHFA Facilitator.

You will learn how to support someone experiencing a mental health problem or crisis in the workplace, until they can access the appropriate professional treatment, or the crisis is resolved.

This includes:

- Learning about the signs and symptoms of the common and disabling mental health problems
- How to provide initial support
- Where and how to get professional help
- The type of support shown by research to be effective
- How to provide mental health first aid in a crisis.

Mental Health problems covered are:

- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder

Crisis situations covered are:

- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

What other details do I need to know?

Attendance type: In person (face to face)

Duration: 2 days

Times: Please select a course date below or if there are no dates please click Enquire

Refreshments: Please bring your own lunch (as required)

If you need to cancel: Cancellation guidelines

Where can I get more information?

Contact: The Training Alliance team

Email: training@cerebralpalsy.org.au

Phone: +61 2 9975 8715

November 2024

Date	Course	Start time	Finish time	Location
Thu 21	Mental Health First Aid	9:30AM	More than 1 day	Ryde