

## 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](mailto: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     |