



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## **BLENDED ONLINE MHFA FOR FINANCIAL SERVICES PROFESSIONALS COURSE**

Learn how to provide mental health first aid to friends,  
family members, co-workers and other adults.

**The Blended Online Mental Health First Aid for Financial Services Professionals Course will teach you how to provide initial support individuals who may be experiencing financial issues and a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.**

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

#### **Mental health problems covered**

- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

#### **Mental health crises covered**

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

**Note:** This course is not a therapy or a support group.



#### **What is the format?**

Blended Mental Health First Aid Courses are an alternate online delivery pathway for our 12-hour Standard Mental Health First Aid Course (for adults assisting other adults).

Blended Online MHFA Courses include two components:

- **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 2.5 hours each including set up time).



#### **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.



#### **Who can attend this course?**

This new course is suitable for a range of professionals working in financial services settings, including financial counsellors, chartered accountants, and insolvency professionals. It is based on the existing financial counsellors' and insolvency courses, the existing guidelines on MHFA and financial difficulties and the perceived needs of financial services professionals in the wake of COVID-19. It will suit many workplaces where 2-day face-to-face training courses are more challenging for course participant attendance.



#### **Become an Accredited Mental Health First Aider**

Demonstrate your mental health first aid skills by becoming an Accredited Mental Health First Aider. Complete an online assessment after the course to become accredited.



#### **How do I sign up?**

Contact Linda Rowley  
linda@lindarowley.com.au or

0427 760 637 to find information on how to enrol and complete Components 1 & 2 of the Blended Online MHFA for Workplaces Course.

See our full range of courses:

<http://www.lindarowley.com.au>