



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## **BLENDED ONLINE MHFA COMMUNITY COURSE**

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

The Blended Online Mental Health First Aid Community Course will teach you how to provide initial support to other adults aged 18-65 who may be experiencing 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 and anxiety
- 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.

Evidence also tells us that a person is more likely to seek help if it is suggested by someone that they know. By learning these skills you can make a difference in the lives of others in your community, workplace or organisation.



#### Who can attend this course?

Any adult seeking to support their family, friends, neighbours, community group or general public who may be experiencing 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 can attend.



#### 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](mailto:linda@lindarowley.com.au) to find information on how to enrol and complete Components 1 & 2 of the Blended Online MHFA Community Course. See our full range of courses: <http://www.mhfa.com.au/courses>