



Mental Health First Aid – Flexible Delivery

The 12-hour face-to-face workshop course in Mental Health First Aid (MHFA) has been adapted into an interactive e-learning CD-ROM

Overview

This method of delivery is particularly useful to people who are unable to attend the face-to-face training course.

The CD teaches members of the public skills:

- to recognise the early signs of mental illness
- to provide initial help to adults developing a mental disorder or in a mental health crisis situation.

The CD-ROM includes:

- An overview of MHFA
- Detailed MHFA action plans which cover:
 - ⇒ depression
 - ⇒ anxiety disorders
 - ⇒ psychosis
 - ⇒ substance use disorders
- Mental health problems in Australia
- 25 question knowledge quiz (at the start and completion of the CD) to gauge skills learnt
- Videos depicting real stories of:
 - ⇒ anxiety disorder
 - ⇒ depression
 - ⇒ bipolar disorder
 - ⇒ schizophrenia
- Interactive exercises, case studies and tests
- References and links to resources online such as beyondblue and MoodGYM

Is a MHFA Certificate available on completion of the e-learning CD?

The CD can be done on its own. However, to obtain a MHFA certificate, attendance is required to a 3.5-hour face-to-face course. This will practice the skills taught in the elearning CD.

Our MHFA Instructors will provide the half-day training course, which will begin with an exam based on the CD's content. Participants must pass this exam in order to qualify for a MHFA Certificate.

Please note that this 3.5-hour course is only available to people who have completed the e-learning MHFA CD.