

Standard Mental Health First Aid

Mental Health First Aid training is a standardised program designed to equip individuals with the knowledge and skills needed to provide initial support to someone experiencing a mental health crisis or developing a mental health problem. The course aims to raise awareness, reduce stigma, and promote early intervention for mental health issues.

Key Course Components

Understanding Mental Health

Participants learn about the prevalence, causes and impact of common mental health disorders, such as depression, anxiety, psychosis, and substance use disorders. They gain insight into the signs and symptoms of mental health problems and the importance of early intervention.

MHFA Action Plan

The training provides a structured approach for assisting someone experiencing a mental health crisis or developing a mental health problem.

Responding to Crisis Situations

Participants learn how to recognise and respond to common mental health crises, such as suicidal ideation, panic attacks, acute stress reactions and psychotic episodes. They receive training on how to provide immediate support, de-escalate the situation and connect the individual to appropriate resources and services.

Supportive Communication

The training emphasises the importance of effective communication skills in providing support to someone experiencing a mental health crisis or problem. Participants learn active listening techniques, empathy, validation, and how to communicate without judgment or stigma.

Self-Care

Participants learn about the importance of self-care in maintaining their own mental health and well-being while providing support to others. They receive guidance on setting boundaries, seeking support when needed and practicing self-care strategies to prevent burnout.

For further information please contact:

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Training Delivery

Mental Health First Aid (MHFA) training consists of a series of interactive sessions delivered by a certified MHFA instructor. The course is designed to be engaging and comprehensive, combining presentations, group discussions, case studies and role-plays to facilitate learning and skill development, ensuring participants can effectively apply the knowledge in real-world scenarios. Additionally, the training includes a participant manual and handouts to reinforce key concepts and strategies, providing valuable resources for ongoing reference and support.



Certification

Upon completion of the training course and passing a written exam, participants receive a Mental Health First Aid certification, valid for a specified period (three years). Certification demonstrates proficiency in providing initial support to individuals experiencing mental health problems or crises.



Benefits

- Increased mental health literacy and awareness.
- Enhanced confidence and competence in providing support to individuals experiencing mental health issues.
- Reduced stigma surrounding mental health and willingness to seek help.
- Improved outcomes for individuals experiencing mental health crises through early intervention and support.
- Enhanced workplace or community resilience and well-being.