



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## BLENDED MENTAL HEALTH FIRST AID FOR WORKPLACE

Learn how to provide mental health first aid to co-workers.





The Blended Mental Health First Aid for Workplace course will teach you how to assist a co-worker 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
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.



#### What is the format?

This course involves self-paced eLearning followed by a 4-hour face-to-face workshop.



#### 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.



#### What will you learn at the workshop?

- Apply the MHFA Action Plan to relevant workplace scenarios
- Discuss and reflect on applying mental health first aid skills in your workplace
- Answer any questions from the eLearning modules.



#### 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?

This course has two parts:

Ask me to organise the eLearning for your staff the arrange the final face-to-face workshop. **Call Robyn Rottinger, Principal Master MHFA Instructor on 0417688236 or email direct [robyn@wisdomiswithin.com.au](mailto:robyn@wisdomiswithin.com.au)**

Visit

[www.wisdomiswithin.com.au](http://www.wisdomiswithin.com.au)

