



**MENTAL HEALTH  
FIRST AID®**  
Australia

# Mental Health First Aid training

The Queensland Synod is pleased to offer an accredited Mental Health First Aid (MHFA) training, and invite you to register your interest in attending an upcoming session.

**Why is this training important?** Team leaders and those working in community outreach, and social assistance programs are often the first point of contact for people experiencing mental health challenges. Having accredited training ensures you are equipped to:



## **Intervene early**

Recognise the warning signs of mental concerns in other adults.



## **Offer support**

Learn the skills to speak openly and accurately about mental health.



## **Respond in a crisis**

Respond across a range of crisis situations where an adult may be at risk of harm.



## **Reduce stigma**

Reduce stigma and increase a support for adults experiencing and living with mental health problems.

## **What you'll learn**

Learn how to apply mental health first aid to adults, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non suicidal self-injury
- Traumatic events

## **Why attend a Standard Mental Health First Aid training course?**



## **Improve knowledge**

Of mental illnesses, treatments and appropriate first aid strategies.



## **Improve confidence**

Course participants report improved confidence in providing first aid to individuals.

## **Become an MHFAider**

Adults who complete the course become Mental Health First Aiders (MHFAiders),  
Accreditations are valid for 3 years.

## **Duration**

- Face-to-face training,  
2 x 6-hour sessions, over 2 days.



**Cost:** Free training session designed specifically for team leaders  
**Location:** Synod Office



**Take the  
next step**

Register your interest here:

