



Mental Health First Aid

First Aid for the Mind

#wellness
#clarity
#supporter





Mental Health First Aid

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Would you know what to do if you see an Educator or Parent having a panic attack, feeling depressed, or appearing suicidal?

In any year, more than one in five Australians over the age of 16 have a common, diagnosable mental illness, such as anxiety or depression.

Our roles require us to be manager, coach, mentor, mediator, and accidental counsellor. We are often the first responder in dealing with staff or parents suffering a mental health crisis.

This workshop gives leaders and managers the first-aid skills to assist families or staff experiencing mental health problems.

In this workshop you'll learn:

- Skills in how to recognise the signs and symptoms of mental health problems
- Knowledge of the possible causes or risk factors for these mental health problems
- Awareness of the evidenced-based medical, psychological and alternative treatments available
- Skills in how to give appropriate initial help and support to someone experiencing a mental health problem
- Skills in how to take appropriate action if a crisis situation arises involving suicidal behaviour, panic attack, stress reaction to trauma, overdose or threatening psychotic behaviour.

This practical and sensible workshop allows you to provide support for others whilst setting and maintaining healthy boundaries.

Service Type

FDC, LDC, OSHC, Preschool, Kindergarten

Position

Nominated Supervisors, Coordinators, Educational Leaders, Managers, Approved Providers

Mode

Face-to-face

NQS

QA4 and QA7

Duration

6 hours

Location

See website for locations

Cost

See website for costs

Date

See website for dates

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“She overcame everything that was meant to destroy her”.

— Anonymous

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Jump online to enrol and give yourself the comfort in knowing first aid for the mind.

