

FOR SERVICE PROVIDERS ONLY

# Mental Health First Aid Training Online For Workforces

Two-Part Course by Carers Victoria



## Become a Mental Health First Aider Complete online modules and workshops

This course is designed to assist participants gain skills and knowledge in helping a person who is experiencing a mental health issue or crisis.

In response to COVID-19 this course will be run entirely online in two components.

**Component 1** Self-paced eLearning Modules. Length: 5-7 hours.

**Component 2** Instructor-led component using Zoom video conferencing. Length: Two sessions of 3 hours each including set-up time.

**Please Note:** All participants must complete Component 1 within two weeks prior to the commencement of Component 2, the online Zoom sessions. Attendance is required for the entirety of Component 2 to qualify as a Certified Mental Health First Aider with Mental Health First Aid Australia.

### WHO SHOULD ATTEND

The course is for service providers, this could include specific workforces, such as support workers or staff from other sectors.

### TOPICS INCLUDE

The key learning objectives of this course include:

**How to provide initial support to adults who are:**

- **Developing a mental health problem including:**
  - Depression
  - Anxiety problems
  - Psychosis
  - Substance use problems
- **Experiencing a mental health crisis including:**
  - Suicidal thoughts and behaviours
  - Panic attacks
  - Traumatic events
  - Severe effects of alcohol or other drug use
  - Severe psychotic states
  - Aggressive behaviours

### COURSE DETAILS

Mental health first aid strategies are taught in evidence-based training courses authorised by Mental Health First Aid Australia (MHFA) and delivered by accredited MHFA instructors across the country. Carers Victoria's Instructors are accredited by MHFA Australia.

On successful completion of this course, participants will be issued with a certificate of completion.

## Component 1

Self paced eLearning that will take between five to seven hours to complete online.

**When** Within two weeks prior to the commencement of Component 2

**Where** Online  
Access details are sent via email after registration

## BOOKING INFORMATION

To secure your place, visit [www.carersvic7824.eventbrite.com.au](http://www.carersvic7824.eventbrite.com.au) or for further information please phone Education Services on 1800 514 845 and quote #7824.

## CARERS VICTORIA EDUCATION SERVICES

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## Component 2

### Session 1

Wednesday 24 March

### Session 2

Wednesday 31 March

**Time** 9.00am - 12.00pm

Each online session three hours duration

**Where** Online event via Zoom  
Access details are sent via email after registration

## Cost

\$220 includes GST per participant