

MENTAL HEALTH FIRST AID TRAINING FOR CARERS

A two-part course for carers 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.

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

Component 2 Instructor-led component at Carers Victoria Footscray Office.
Length: Two sessions of 7 hours each.

Please Note: All participants must complete Component 1 within two weeks prior to the commencement of Component 2. 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 our community of carers only. This course does not include the care recipient or paid support staff.

(Any support workers interested should see the Mental Health First Aid course for Service Providers)

www.carersvictoria.org.au/serviceprovider

TOPICS WILL 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

Component 2

Session 1

Monday 23 August 2021

Session 2

Monday 30 August 2021

Time 10.00am - 4.00pm
Each session 6 hour duration including 45min lunch break

Where Carers Victoria
Level 1, 37 Albert Street
Footscray

Car Parking Available at Footscray Plaza Paisley Street, Footscray www.carepark.com.au/find-a-care-park/footscray-plaza

Cost

\$88 includes GST per participant

Light refreshments and lunch provided

BOOKING INFORMATION

To secure your place, visit www.carersvic8206.eventbrite.com.au or for further information please phone the Events Team on 1800 514 845 (option 2) and quote #8206.

CARERS VICTORIA EVENTS TEAM

T 1800 514 845

E events@carersvictoria.org.au

www.carersvictoria.org.au

 /carersvictoria  @carersvictoria