

### Course Details

<b>Course Name</b>	Mental Health First Aid Workshop
<b>Description</b>	The Mental Health First Aid Workshop is designed to provide knowledge and skills to the public to provide initial support to someone who is developing a mental illness or experiencing a mental health crisis.

### Course Delivery

<b>Duration</b>	<ul style="list-style-type: none"><li>• 12 hour face to face session</li><li>• 2 x 6 Hours or 4 x 3 hours</li></ul>
<b>Topic</b>	<ul style="list-style-type: none"><li>• Developing mental health problems:<ul style="list-style-type: none"><li>○ Depression</li><li>○ Anxiety</li><li>○ Psychosis</li><li>○ Substance misuse</li></ul></li><li>• Mental health crisis situations:<ul style="list-style-type: none"><li>○ Suicidal thoughts and behaviours</li><li>○ Non-suicidal self-injury (self harm)</li><li>○ Panic attack</li><li>○ After a traumatic event</li><li>○ Severe psychotic states</li><li>○ Severe effects of alcohol and drugs</li><li>○ Aggressive behaviours</li></ul></li></ul>
<b>Delivery</b>	The workshop will focus on demonstration of practical skills and role plays to reinforce learning. Each workshop is designed to meet the group's needs by allowing considerable time for questions and open discussions.
<b>Assessment</b>	The Mental Health First aid Workshop is non-certified training and therefore no assessment is required.

### Cost Structure

<b>Price</b>	<ul style="list-style-type: none"><li>• Face to face sessions <b>\$185.00 per person</b></li></ul>
--------------	--

### Terms and Conditions

<b>Student Manual</b>	Please refer to the KMR Safety First Student Manual for details of all policies and procedure, including: <ul style="list-style-type: none"><li>• Fees, refunds, transfers and cancellations</li><li>• Minimum numbers for group bookings</li><li>• Complaints and appeals</li><li>• Recognition of Prior Learning (RPL)</li><li>• Privacy</li></ul>
-----------------------	--

**TRAINING YOU TO MAKE A DIFFERENCE**

# Course Information

## Mental Health First Aid Workshop



### Contact KMR Safety First

**Postal Address** PO Box 111 Hurstbridge, VIC 3099  
**Phone** 03 9718 1733  
**Web** [www.safetyfirst.com.au](http://www.safetyfirst.com.au)  
**Email** [safetyfirst@safetyfirst.com.au](mailto:safetyfirst@safetyfirst.com.au)

**TRAINING YOU TO MAKE A DIFFERENCE**

P\F. 03 9718 1733 | [safetyfirst@safetyfirst.com.au](mailto:safetyfirst@safetyfirst.com.au) | [www.safetyfirst.com.au](http://www.safetyfirst.com.au) | PO BOX 111 Hurstbridge VIC 3099

Mental Health First Aid Workshop Course Information Sheet Version 2.0 17/02/2015