Medical SOLUTION *Aiding Your Care ....*

WORKPLACE MENTAL HEALTH FIRST AID TRAINING

COURSE DESCRIPTION:

The course focuses on the workplace providing relevant information using tailored scenarios and exercises. It will educate participants with the knowledge and skills to provide initial Mental Health First Aid to assist colleagues, clients, and other workplace contacts that may be developing a mental health problem or mental health crisis. It will assist participants with information on ways to connect people needing assistance to existing workplace supports and external professional help and resources.

COURSE OUTLINE:

- Recognize signs and symptoms of common and disabling mental health problems in adults.
- How to provide initial help, and where and how to get professional help.
- What sort of help has been shown by research to be effective.
- How to provide mental health first aid in a crisis using a practical, evidence-based action plan.

COURSE COMPONENTS: 2 DAYS – 6 HOURS PER DAY *(Min Requirement)*

There are NO Pre-Course requirements for onsite learning.

Developing mental health problems covered include:

- Depression • Anxiety problems • Psychosis
- Substance use problems Mental health crises covered:
- Suicidal thoughts and behaviours • non-suicidal self-injury • Panic attacks
- Traumatic events • Severe psychotic states • Severe effects from alcohol or other drug use
- Aggressive behaviour
- Discuss and reflect 'a where to from now' in using mental health first aid skills
- Develop a self-care plan to maintain good mental health.

MENTAL HEALTH FIRST AID Australia
Accredited Instructor

The training is conducted by highly respected trainer Paul Hill

Paul is an Accredited Mental Health First Aid trainer and has over 30 years of experience in the provision of critical incident stress management support programs within the emergency services. Paul has also worked closely with the broader community during times of major disasters and during recovery from major incidents. During this time, Paul has delivered training to a range of sectors including local government, warehousing, childcare and the aged care industry focusing on recovery and an awareness of post-traumatic stress disorders. Paul has delivered accredited Mental Health First Aid training courses to industry and the broader community since 2018