



Training,  
Processes &  
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# Mental Health First Aid

A 12 hour course developed by the Centre for Mental Health Research to improve the Mental Health Literacy of the community.

Mental Health First Aid is the initial help given to someone experiencing a mental health problem before professional health is sought.

## Facts:

- Mental Health problems are very common. In any one year about one in five adult Australians experience a common mental health problem.
- The most common and disabling mental health problems are depression, anxiety disorders and psychotic disorders.
- Many people suffer a mental illness for a long time before they seek help.
- Alcohol and other drug problems frequently occur with depression, anxiety and psychosis.

## Course Format and Content:

This is a 12 hour course which consists of 4 learning modules each lasting 3 hours. The delivery format is flexible.

The content covered focuses on helping people in mental health crisis situations and/or in the early stages of mental health problems.

Participants will learn the *signs and symptoms* of: Depression, Anxiety Disorders, Schizophrenia and Bipolar disorder. They will also learn *where and how to get help* and *what sort of help* has been shown by research to be effective.

Minimum group size 10. Maximum group size 24.

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