



Young people experience a mental disorder in any given year. 1



Young adults aged 16-24 experienced a mental health problem in the last 12 months. <sup>2</sup>



#### Mental Illness

Young people are less likely than any other age group to seek professional help.3

Student well-being and success hinge on mental health, with schools playing a vital role. By fostering support and breaking stigma, schools create an environment that values mental well-being, impacting academics and relationships. Conversations about mental health and confidently helping others are essential skills for all in the school community.

#### This is where Mental Health First Aid Training can help.

Mental Health First Aid equips the entire school community with skills and confidence to navigate mental health challenges, benefiting both students and educators. Prioritising mental health creates a compassionate environment where everyone can thrive. That's the power of Mental Health First Aid.

# What is Mental Health First Aid?

It's like physical first aid, but for mental health. Just as physical first aid teaches you to handle life-threatening situations, mental health first aid training equips you to recognise and help with mental health challenges or crises through practical action plans.

# Mental Health First Aid training helps staff and students to:



#### Intervene Early

Recognise the warningsigns of mental health problems.



#### Offer support

Learn the skills to speak openly and accurately about mental health.



## Respond in a crisis

Respond across a range of crisis situations where a person may be at risk of harm.



#### Reduce stigma

Reduce stigma and increase support for someone experiencing and living with mental health problems.

1 The Mental Health of Children and Adolescents. Report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing, 2015 <sup>2</sup>National Study of Mental Health and Wellbeing, 2022

<sup>3</sup>The Mental Health of Australians 2: Report on the 2007 National Survey of Mental Health and Wellbeing, 2009











# Find the course that's right for you

# Youth Mental Health First Aid

- This is 14-hour course teaches adults how to support a young person (aged 12-18).
- Face-to-Face, Blended, and Online delivery.

# <u>Teen Mental</u> <u>Health First Aid</u>

- Over 3 classroom sessions, this course teaches young people how to support a friend or classmate.
- Face-to-Face delivery.

# Standard Mental Health First Aid

- This 12-hour course teaches adults how to support a friend, family member, co-worker, or other adult.
- Face-to-Face, Blended, and Online delivery.

# **Mental Health First Aid Training Benefits**

## **KNOWLEDGE**

Improves the knowledge of mental illness, treatments and first aid actions.

# **CONFIDENCE**

Increases confidence in providing first aid.

#### **DE-STIGMATISING**

Decreases stigmatising attitudes towards mental health.

## **SUPPORT**

Increases the support provided to others.



# Face-to-Face

Onsite-training in your school.



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# Blended

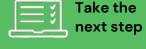
Self-paced eLearning + onsite face-to-face workshop.





#### Online

Self-paced eLearning + online workshops.



Contact us at:

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(03) 9111 0283 to discuss your training needs.







