

# Empower Your School: Fostering a Culture of Mental Health Support



**1 in 7**

Young people experience a mental disorder in any given year.<sup>1</sup>



**2 in 5**

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.<sup>3</sup>

**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 warning signs 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.

<sup>1</sup>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.

#### Teen Mental Health First Aid

- 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.



#### **Blended**

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



#### **Online**

Self-paced eLearning + online workshops.



**Take the next step**

Contact us at:  
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(03) 9111 0283 to discuss your training needs.