

# Standard Mental Health First Aid

10 & 17 OCTOBER 2023 | 9AM-4PM

## DETAILS

<b>SESSION NAME</b>	Standard Mental Health First Aid
<b>LOCATION</b>	200 George Street, Sydney, NSW 2000  When arriving at the address, please wait in the foyer and a CELA representative will be there to greet you and show you to the training room.
<b>TIMING</b>	Please arrive by 8.45am each day (15 minutes prior to the commencement time).  The course is divided into four sessions. Each session has a duration of three hours.



### OTHER NOTES

Catering is not included. Please bring your own food, drinks and snacks, or plan to purchase your lunch from one of the many cafes or food outlets nearby.

A notebook and pen will be supplied.

## PROGRAM

### DAY 1 TUESDAY, 10 OCTOBER 23 - 9AM TO 4PM

- SESSION 1**
- ▶ Mental illness; risk and impact
  - ▶ Mental Health First Aid action plan
  - ▶ Depression; signs, symptoms, and interventions

- SESSION 2**
- ▶ Mental Health First Aid action plan for depression
  - ▶ Crisis support for suicidal thoughts and behaviours and non-suicidal self-injury
  - ▶ First aid for depression
  - ▶ Anxiety problems, signs, symptoms and interventions

### DAY 2 TUESDAY, 17 OCTOBER 23 - 9AM TO 4PM

- SESSION 3**
- ▶ Mental Health First Aid action plan for anxiety
  - ▶ Crisis support for panic attacks
  - ▶ Crisis first aid after a traumatic event
  - ▶ First aid for anxiety problems
  - ▶ Psychosis, signs, symptoms, and interventions

- SESSION 4**
- ▶ Mental Health First Aid action plan for psychosis
  - ▶ Crisis first aid for severe psychotic states
  - ▶ First aid for psychosis
  - ▶ Substance use problems
  - ▶ Signs, symptoms, and interventions
  - ▶ Mental Health First Aid action plan for substance use problems
  - ▶ Crisis support for the severe effects of substance use
  - ▶ Crisis first aid for aggressive behaviours
  - ▶ First aid for substance use