

Standard Mental Health First Aid

12 & 19 SEPTEMBER 2022 | 9AM-4PM

DETAILS

SESSION NAME	Standard Mental Health First Aid
LOCATION	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.
TIMING	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 Monday, 12 September 2022 - 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 Monday, 19 September 2022 - 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