



Aboriginal Medical Services
Alliance Northern Territory

Social & Emotional Wellbeing

ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AIDER COURSE

The Aboriginal and Torres Strait Islander Mental Health First Aid course will teach you how to assist an Aboriginal or Torres Strait Islander adult who may be experiencing a mental health problem or mental health crisis until appropriate professional support is received or the crisis resolves, using a practical, evidence based Action Plan.

TOPICS INCLUDE

- Depression and Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Interventions
- Panic attacks
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours
- Traumatic events
- Action plans

UPON COMPLETION OF THIS COURSE, PARTICIPANTS WILL BE ABLE TO

- Understand mental health problems from an Aboriginal and Torres Strait Islander point of view.
- Knowing ways to respond and what ways to respond culturally appropriately to a mental health crisis.
- How to create and support a practical mental health action plan.
- Identify the signs of a possible mental health issues or a mental health crisis.
- Become accredited from completing the online test survey.

DELIVERY METHOD

Aboriginal and Torres Strait Islander Mental Health First Aid course is a 14-hour intensive course that is delivered over two days; *OR* Having a blended face-to-face options with a self-paced eLearning to be followed by a 5-hour workshop.

TARGET AUDIENCE

- All staff working in Aboriginal Community Controlled Health Services.
- All staff working in an Aboriginal Community Controlled Organisation.
- Anybody working with Aboriginal people and communities.

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