

# ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID COURSE

**This 14-hour AMHFA Course teaches Aboriginal or Torres Strait Islander adults (18 years and over) how to provide Mental Health First Aid to friends and family.**

*This course has been culturally adapted for the Aboriginal and Torres Strait Islander community and is taught by Aboriginal and Torres Strait Islander Instructors.*

*The course teaches first aid skills for helping indigenous people experiencing a mental health crisis, mental health problems or the early stages of mental illness.*

## What is the Aboriginal and Torres Strait Islander Mental Health First Aid course (AMHFA)?

The Aboriginal and Torres Strait Islander Mental Health First Aid (MHFA) course is based on the MHFA Guidelines. These guidelines were developed using the consensus of Aboriginal mental health workers.

### Course Content

The AMHFA course teaches adults how to provide initial support to an Aboriginal or Torres Strait Islander adult who is developing any of the following mental health problems or in a mental health crisis:

### Developing mental health problems

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

### Mental health crises

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

**Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.**

## Course Format

This is a 14-hour course. The delivery format is flexible. Course participants receive a copy of the AMHFA Manual to keep and are eligible to become an accredited Mental Health First Aider.

## Where can AMHFA courses be held?

The course can be conducted wherever an AMHFA Instructor can travel. If extended travel is required, the instructor's travel expenses may also need to be met (to be negotiated with the instructor).

## Finding an AMHFA Instructor

You can find MHFA Instructors in your area on the MHFA website and contact them directly about conducting a course for your organisation or workplace.

Instructors set their own fees, so we recommend you contact several local instructors for quotes.

*All instructors of this course are trained by MHFA Australia.*

## Who can attend an AMHFA course?

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course. [More info at the MHFA website.](#)

## Become an Accredited Mental Health First Aider

Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.

## Other MHFA Courses

### STANDARD MHFA COURSE

How to assist an adult developing a mental health problem or experiencing a mental health crisis.

### YOUTH MHFA COURSE

How to assist an adolescent developing a mental health problem or in a mental health crisis.

### INSTRUCTOR TRAINING COURSES

Accrediting suitable candidates to become Instructors of the Mental Health First Aid course.

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.