



ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID COURSE



Learn skills and gain confidence to assist Aboriginal or Torres Strait Islander friends and family experiencing mental health problems.

This course has been culturally adapted for the Aboriginal and Torres Strait Islander community and is taught by Aboriginal and Torres Strait Islander Instructors and Mental Health First Aid approved non-Indigenous 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.

If you're interested in attending this course,
please use contact details below to enrol.

LOCATION:

DATE:

PRICE:

MHFA INSTRUCTOR(S):

CONTACT NUMBER:

EMAIL:

ADDITIONAL INFORMATION:

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 INFORMATION

- 14-hour Aboriginal and Torres Strait Islander Mental Health First Aid (AMHFA) course
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the AMHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

