



“Learn to provide initial help to someone experiencing a mental health problem before professional help is sought.”

2 Day Face to Face Training

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis, until appropriate professional treatment is received or until the crisis resolves (Kitchner & Jorm, 2002).



Head to our website to search for upcoming courses:

www.chg.net/booking/mental-health-first-aid-training

Course Overview

Recognising and treating depression and other mental health problems early can reduce the likelihood of such conditions becoming severe or compensable. In our Mental Health First Aid course, participants will learn to identify the signs and symptoms of mental health problems, and how to provide initial help to an individual before professional help is sought. This 12 hour (2 day course) has been developed for both individuals and workplaces.

Participants will receive knowledge and practical skills in dealing with the following crisis situations:

- Person feeling suicidal
- Person having a panic attack
- Person who has recently experience a traumatic event
- Person with psychosis who may appear threatening
- Person who has overdosed

Participants will also learn how to help others with mental health problems before a crisis develops. The problems covered are:

- Depression
- Anxiety disorders
- Psychosis
- Substance abuse disorders

CHG Trainers

Our trainers are approved Mental Health First Day Instructors. They are highly qualified and have extensive experience in the field of psychology, counselling and/or critical incident, enabling them to share experience and provide professional insight.

Mental Health First Aid Australia



Mental Health First Aid strategies are taught in training programs developed by Mental Health First Aid Australia (MHFA), a national non-profit health promotion charity focussed on training and research. This flyer relates to delivery of this training program by CHG trainers. Further information about MHFA is available at www.mhfa.com.au.