

TRAINING OPTIONS

Mental Health First Aid Courses



Standard Mental Health First Aid

The 12-hour Standard Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to someone who is experiencing a mental health problem or crisis.

The 12-hours training course can be delivered in 1 of 3 ways:



Face-to-face: a 2-day Instructor led session.



Blended Face-to-face: Self-paced eLearning followed by a 4-hour face-to-face Instructor led session.



Blended Online Self-paced eLearning followed by a 2 x 2.5-hour Instructor led video conferencing sessions.



Learn about the signs and symptoms of common mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Price: from \$5,500 inc GST



Youth Mental Health First Aid

The 14-hour Youth Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to adolescents experiencing a mental health problem or crisis

The 14-hours training course can be delivered in 1 of 3 ways:



Face-to-face: a 2-day Instructor led session.



Blended Face-to-face: Self-paced eLearning followed by either 1x full day, or 2 x half day face-to-face Instructor led session/s.



Blended Online Self-paced eLearning followed by a 3 x 2.5-hour Instructor led video conferencing sessions.



Learn about the signs and symptoms of common mental health problems in young people, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Price: from \$5,500 inc GST