MENTAL HEALTH FIRST AID®
Australia

OLDER PERSON
MENTAL HEALTH FIRST AID®

Learn how to provide mental health first aid to people aged 65+.

The Older Person Mental Health First Aid® course will teach you how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Mental health problems covered

- Depression and anxiety
- Confusion and dementia
- Psychosis

Mental health crises covered

- Suicidal thoughts and behaviours
- Panic attacks
- Delirium
- Unsafe and challenging behaviours due to confusion.

Note: This course is not a therapy or support group.

What is the format?

This is a 12-hour course, which is usually delivered as either: A 2-day training package (6 hours per day), or as 4 separate modules (3 hours each).

Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

Who can attend this course?

Any interested adult, particularly those who work with, live with or care for older people, including families and carers.

Become an Accredited Mental Health First Aider™

Demonstrate your mental health first aid skills by becoming an Accredited Mental Health First Aider. Complete an online assessment after the course to become accredited.

How do I sign up?

Go to the Course Calendar on our website and select a course near you. If organising a course for a group, you can search for a local Instructor on our website to discuss your needs.

Full range of courses available at: **mhfa.com.au/courses**

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Visit mhfa.com.au