



**MENTAL  
HEALTH  
FIRST AID**  
Australia

# **ABORIGINAL AND TORRES STRAIT ISLANDER**

## **MENTAL HEALTH FIRST AID**

Learn how to assist Aboriginal and Torres Strait Islander adults who may be developing a mental health problem, worsening of an existing mental health problem or in a mental health crisis.

The Aboriginal and Torres Strait Islander Mental Health First Aid course will teach you how to assist an Aboriginal or Torres Strait Islander adult who may be experiencing a mental health problem or mental health crisis until appropriate professional support 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 Aboriginal & Torres Strait Islander people with lived experience of mental health problems and professionals.

#### **Mental health problems covered**

- Depression and anxiety
- Psychosis
- Substance use problems

#### **Mental health crises covered**

- 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.

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



#### **What is the format?**

This is a 14-hour course, typically conducted over 2 days.



#### **Why attend an AMHFA course?**

Research has found this course to be effective and culturally appropriate, empowering Aboriginal & Torres Strait Islander people and providing information that is highly relevant in assisting Aboriginal & Torres Strait Islander people experiencing mental health problems.



#### **Who can attend this course?**

Any adult can attend.



#### **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:  
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