

MENTAL HEALTH FIRST AID



RTO No: 40877 | **NSW Master Licence No:** 410519198

Vigil Groups Pty Ltd (**ABN 57 145 992 445**) Trading as Vigil Training College

Version - 1.0 Created on December 01, 2021

COURSE OVERVIEW

Mental Health First Aid Course will teach you simple, practical first aid skills required to help a family member, a friend, a colleague experiencing mental health problems. During your training you will learn how to recognise and respond to symptoms of mental health distress and learn about professional help and treatments available.

This course is accredited by **Mental Health First Aid Australia (MHFA)** and is delivered by a MHFA Accredited Trainer.

Note: This is not an Accredited Course and does not provide a pathway to further education, hence a Nationally Recognised Qualification or Statement of Attainment (SOA) is not issued. However, this course is accredited by Mental Health First Aid Australia (MHFA).

WHAT YOU WILL LEARN

During the Mental Health First Aid (MHFA) Course you will learn about the signs and symptoms of 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 show to provide first aid in a crisis situation.

MHFA Course covers the following developing mental health problems:

- Depression
- Anxiety
- Psychosis
- Substance Use Problems

MHFA Course covers the following mental health crisis situations:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (deliberate self-harm)
- Panic Attacks
- Traumatic events
- Severe effects of drug and alcohol abuse
- Severe psychotic states
- Aggressive behaviours

WHO SHOULD ENROL FOR THIS COURSE?

This course is for **anyone** that wants to learn how to recognise and respond to symptoms of mental health distress, where they can seek professional help and what treatments are available. Through this course you will gain the knowledge, skills and confidence required to support a friend, family member or a colleague that is experiencing mental health problems. You could be the reason to save someone's life.

You should also do this course if you are seeking a **Mental Health First Aid (MHFA) Accreditation**. An MHFA Accreditation allows you to demonstrate your mental health first aid skills and requires the completion of an online assessment through MHFA Australia.

COURSE STRUCTURE

Course Duration:

The course will run for two (2) days, Monday to Friday from 9 am to 4 pm (including one-hour break). The course consists of 12 hours of face-to-face training.

See Course Batches listed on our website for upcoming dates.

Course Delivery Method:

The course is delivered face-to-face in a classroom at our campus. Vigil can also deliver training at a client's venue.

See Course Batches listed on our website for upcoming course Delivery Methods.

ENTRY REQUIREMENTS

There are no pre-requisite requirements to undertake Mental Health First Aid Training.

Students must:

- Provide a Valid ID (Driver License, Passport)
- Possess adequate level of Language, Literacy & Numeracy (LLN) Skills.

AWARDS

Upon completion of the 2-day training course, students will receive a **Certificate of Completion** issued by Vigil Training College.

If students wish to become an Accredited Mental Health First Aider, they can opt-in for an online assessment through MHFA Australia and will receive their accreditation directly from them.

FEES AND CHARGES

The fee for this course is \$195. All discounts and special rates apply as published on our website. (Check at our website for current deals and course specials).

DATES AND LOCATION

Check the course calendar on our website or contact us.

HOW TO ENROL

You can enrol in our courses through any of the following methods:

Online Enrolment: You can enrol and pay online. Visit our website www.vigiltrainingcollege.nsw.edu.au and follow the enrolment procedure.

Phone/Email: Call us on **0423 521 279** or **02 8677 9062** to obtain the course information pack or download the information pack form our website.

For further information or Assistance

Phone:

0423 521 279/02 8677 9062

Address:

Level 2, 12-14 Wentworth St, Parramatta NSW 2150

Email:

info@vigiltrainingcollege.nsw.edu.au

Web:

www.vigiltrainingcollege.nsw.edu.au