

# First Aid for Mental Health

## Overview

This First Aid for Mental Health course covers four main topics that will enable participants to confidently identify signs and symptoms of mental health problems in others and yourself.

The course covers the most common mental health problems including stress, anxiety, depression and suicidality.

It is suitable for both people in the workplace and members of the public who want to learn how to help someone or themselves experiencing a mental health concern.

Anyone who manages people or is responsible for a team should learn these essential skills. We also encourage organisations to train all their employees to learn how to support one another.

## Course duration: 1 day face-to-face (7 hours)

Upon successful completion of the course, you will be issued with a Statement of Attendance in First Aid for Mental Health.



For every \$1 invested in workplace mental health, businesses see a \$2.30 return.



Nearly 50% of employees leave due to poor mental health environments.



About one in 10 Australian workers has been bullied in the last six months.



Median mental health claim compensation is \$24,500, compared to \$9,200 for all claims.

**1 in 5 Australians have taken time off work due to mental health.\***

## Course Outline

Understanding Mental Health

- What is mental health?
- Breaking down the barriers to mental health
- Mental health - it's about mind, body and lifestyle
- Physical health first aid vs mental health first aid

Building Mental Health Knowledge:

- How to recognise signs and symptoms of depression, anxiety, stress and suicidality
- How do these signs and symptoms affect people?
- Understand how to help someone from a first aid perspective

Putting First Aid for Mental Health into practice:

- How to know when first aid is required
- How you can help
- Knowing what to say

Taking Care of Yourself:

- Self-help techniques
- Mindfulness/relaxation
- Stabilisation techniques
- Mind hacks

## Assessment Methods

There are no assessments in this course, however participation is encouraged for a better learning experience.

## Locations

St John delivers first aid courses at a range of locations across South Australia to suit your needs, including public venues (at a St John location near you) or onsite (at a venue of your choice with minimum 6 participants and a maximum of 12).

## Participant's Handbook

Download the **Participant's Handbook** from [stjohnsa.com.au](http://stjohnsa.com.au) for more information about completing a course with St John Ambulance SA. This includes information about complaints, appeals and privacy information. We actively tailor training to meet the needs of people from diverse backgrounds and abilities and encourage all to apply.