



prospED

Forward Thinking. Future Building.

10000PED

# A Course in First Aid in Mental Health (Child)

[www.prosped.edu.au](http://www.prosped.edu.au)



Let's do  
something  
great –  
together.

# About the Course

**Delivery:** Face to Face or Online

**Duration:** 1 Day

**Location:** Australia Wide

This course has been designed to provide you with practical first aid skills for supporting children who are experiencing mental health issues. During this course, you will learn how to recognise mental illness signs and symptoms. You will also learn what to say and do when supporting a child with a mental health issue.

The purpose of our program is to remove the stigma associated with mental health and educate you on how to:

- Take care of yourself
- Providing support to a child
- Build a rapport/ relationship in challenging circumstances
- Practice mindfulness
- Provide effective listening techniques for supporting children with mental health issues
- Work with children in a variety of community service sectors, such as in the disability and mental health sectors, as well as in the community, friends and family
- Reach out to professional providers for support.

In order to consolidate your learning and transfer of knowledge, this course offers an online assessment and resource tool, as well as links to interviews with individuals suffering from mental illness.



# What's covered

The course covers all the fundamental principles of mental health, including:

- Defining mental health
- First aid in mental health: what is it?
- The laws relating to mental health in Australia
- Communicating with someone suffering from a mental illness
- Providing non-judgmental listening
- Taking part in active listening
- A guide to creating action plans for others
- The principles of self-care
- Practicing mindfulness techniques
- Understanding the brain and how no two situations are the same
- The relationship between belief systems and the mind and body
- Establishing a rapport and building relationships
- Children's physical and mental health
- Children's confidence and self esteem
- Supporting children by seeking professional support.

The course covers the warning signs, symptoms, Dos and Don'ts of communicating with people suffering from mental illnesses, such as:

- Anxiety
- Depression
- Panic attacks
- ADHD
- Self harm
- PTSD
- Psychosis
- Grief/ Loss
- Conduct disorder
- Trauma

# What you'll receive

- A face-to-face training session
- A certificate of completion
- Tips and support toolkit
- Access to the prospED online portal that provides resources and tips for self-help and mindfulness

## Our support services

Training sessions with a qualified trainer, who will offer support and assistance with course units and assessment.

### **Additional support is provided:**

- Access to the prospED Student Wellbeing team
- Support and adjustments that you need to be successful in your studies due to your disability or medical condition
- Your studies will be supported by dedicated team members who will be available to assist with any challenges that may arise.



# Let's Chat



TOID: 46084



[www.prosped.edu.au](http://www.prosped.edu.au)



[info@prosped.com.au](mailto:info@prosped.com.au)



1300 490 929

To enquire about the **10000PED - A Course in First Aid in Mental Health (Child)** or to obtain information about our courses, don't hesitate to contact our expert advisors. Begin your path to success by giving us a call today!



# prospED

Forward Thinking. Future Building.