



prospED

Forward Thinking. Future Building.

10002PED

A Course in First Aid in Mental Health (Adult)

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 helping a family member, friend, co-worker, or other person experiencing mental health difficulties. 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 someone 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 others
- Build a rapport/ relationship in challenging circumstances
- Practice mindfulness
- Provide effective listening techniques for supporting people with mental health issues
- Work with adults in a variety of community service sectors, such as in the disability and mental health sectors, as well as in the community, friends, family, and colleagues
- 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-judgemental 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

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

- Stress
- Anxiety
- Depression
- Panic attacks
- Suicide
- Substance abuse
- Self-harm
- PTSD
- 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



info@prosped.com.au



1300 490 929

To enquire about the **10002PED - A Course in First Aid in Mental Health (Adult)** 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.