



Standard Mental Health First Aid

HAMILTON
PORTLAND
WARRNAMBOOL

12 HOURS (2 DAYS
FOR 6 HOURS
EACH OR 3 DAYS
FOR 4 HOURS
EACH)

\$260.00

OVERVIEW

The Standard Mental Health First Aid short course teaches adults how to provide initial support to those who are developing mental health problems, experiencing a worsening of an existing mental health problem or mental health crises.

Course content includes depression, panic attacks, schizophrenia, substance abuse, psychosis, anxiety disorders, bipolar disorder, suicidal thoughts and behaviours, traumatic events and self injury. The course, equips individuals with:

- understanding of a range of mental health issues
- skills in recognising signs of mental health problems
- skills in responding appropriately and effectively
- understanding of where and how to get help

Student Support

At South West TAFE we're here to help you complete your studies happily and successfully.

From the moment you start thinking about course options until you finish, you'll have access to a range of student support options, covering enrolment, education, social and personal issues, including:

- Education Pathway Officers who can help you with information sessions, fee payment options, TAFE and university pathways, career pathways and campus tours
- A DHHS registered Disability Support Team
- Koorie Liaison Officer
- Student Wellbeing Officer supporting your personal and social needs
- Library and Research Centre

- Bookshop supplying a range of textbooks and stationery
- Student Learning Support including literacy and numeracy

WHAT YOU LEARN

How to approach the person, assess and assist in crisis

Listen, communicate and give support to those in need

How to encourage the person to get appropriate professional help and other support

WHAT YOU GET

The knowledge and skills required to give early help to people who have mental health problems and to assist in crisis situations

Certificate of completion

TIMES AND VENUE

2 day course - 6 hours each day with an hour lunch break

Pending interest, courses may be scheduled at Warrnambool, Portland, Colac and Hamilton Campus.

'To Register Your Interest' in this course please sign up to become a Short Courses Website member (or if an existing member, log in) and click on the 'To Register Your Interest' icon. We'll then email you when dates for courses are scheduled and available to enrol in.

DRESS CODE

Smart casual

MATERIALS TO BRING

Pen and notepaper

Photo identification

CANCELLATIONS

For details regarding the Institute's Refunds Policy please contact 1300 648 911, refer to our Student Handbook available from the Customer Service Centre at your local campus, or visit our website www.swtafe.vic.edu.au.

FURTHER INFORMATION OR TO ENROL

Please contact 1300 648 911 or visit www.swtafe.vic.edu.au.

DISCLAIMER

All information contained in this brochure was correct at time of printing. South West Institute of TAFE reserve the right to amend costs, subjects or courses as required without notice.