Mental Health First Aid

Lifeline GIPPSLAND

At Lifeline Gippsland we are committed to raising awareness of mental health and suicide prevention. A community that is trained to recognise and respond to a person in crisis is the best safety net and builds resilient communities.

Course duration:
12 hours
(delivered over 2 days)

Mental Health First Aid

Around 1 in 5 Australian adults experience a common mental illness each year. Understanding how to talk about mental health and help someone in need are important skills, but many people feel uncomfortable and unprepared to start a conversation with someone they are concerned about.

In the Mental Health First Aid course you will learn how to recognise the signs and symptoms of common mental health problems and learn the skills to feel confident to be able to help.

Having mental health first aid skills means that you can assist someone who may be developing a mental health problem or experiencing a mental health crisis and make a real difference to your community.

More and more workplaces are realising the impact of mental health problems at work on their people and productivity. Encouraging early help seeking is one way to promote a mentally healthy workplace.

A Mental Health First Aid course teaches:

Knowledge
- increases mental health literacy

Confidence
- increases confidence in providing mental health first aid

De-stigmatising
- decreases stigmatising attitude to towards mental health

Support
- increases the support provided to others

Contact Lifeline Gippsland to book yourself or your workplace into an upcoming Mental Health First Aid course

MENTAL HEALTH FIRST AID Australia