



First Aid for the mind

Two Days

With mental health issues becoming more and more common, first aiders at work and at home are now being called to help with conditions related to the mind. Mental health issues can be difficult to recognise and frightening to deal with. Early recognition and intervention are key to effectively assisting in mental health emergencies. Our courses are delivered by experienced professionals who give you strong skills to recognise the signs of mental disorders early, effective strategies to assist, and the confidence to use them.

Certificate:

On successful completion of this course you will be issued with a St John Ambulance statement of attendance. This is a non accredited training course.

Course Outline:

This course covers recognising and responding to:

- Depression
- Anxiety
- Bipolar
- Suicide
- Trauma and stressors
- Schizophrenia and psychosis
- Eating disorders
- Substance misuse
- Personality disorders
- Obsessive compulsive

There is no formal assessment as part of this course, but opportunity is provided to practice practical skills.

Entry Requirements/Prerequisites

There are no entry requirements or prerequisites to undertake this training.

Course duration

Two days, including practical activities.

Locations

St John delivers first aid courses in more locations in Australia than any other training provider. St John also offers a number of first aid courses online through a mixture of e-learning, DVD or workbook formats together with some practical face-to-face training.

Choose from our range of training products to suit your needs:

- Public - at a venue near you.
 - Onsite - at a venue of your choice.
 - Customised - On-site consultation.
 - Online – online training via our E-Learning platform.
-

More information

For more information about completing a course with St John Ambulance Australia, including complaints and appeals and privacy, download the student information handbook which is located at <https://www.stjohnnt.org.au/img/documents/course-infosheet/student-handbook.pdf>.

For more information on this course contact a St John Ambulance Australia training office in your area. 1300 ST JOHN (1300 78 5646)

www.stjohn.org.au