

Mental Health First Responder

1 Day Course - Online or In Person



**Learn essential
skills to respond and
support individuals with
mental health challenges**

Suitable for all industry types ✓

Online or group workshop training ✓

Catered for individuals or workplaces ✓

Mental Health First Responder is suited for all industry types and individuals. Be equipped with essential skills to recognise and respond to mental health challenges, ensuring you can offer immediate and effective assistance. Perfect for individuals or workplace training sessions, this course includes identifying early warning signs, providing crucial first-line support, de-escalation techniques, risk management, self-care practices and more.

Choose either online study, or in-person group training at your workplace or our training rooms!

Online

Self-paced, online option.
Learners complete
remotely on a computer.

In-Person Group Training

In-Person workshop training is available in Group
Bookings only (minimum 10+ attendees for groups).
Enquiry with our team for available dates.

Fees **\$155 per person**

Course Topics - Mental Health First Responder

- ✓ **Communication techniques**
- ✓ **De-escalation techniques**
- ✓ **Understanding distress and crisis**
- ✓ **Suicide risk and assessment**
- ✓ **Risk management**
- ✓ **Self-care practices**

**Phone our team
to enquire or enrol
(08) 9439 1673**



Study with Perth's Premier education & training in aged, disability and mental health care!