

Mental Health First Responder

1 Day Course



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

- Suitable for all industry types** ✓
- Ideal for individuals or workplaces** ✓
- Group training discounts available** ✓

Learn how to support those around you with our **Mental Health First Responder** Course, suited for all industry types and individuals. This dynamic, hands-on training equips you 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, our expert-led sessions cover everything from identifying early warning signs to providing crucial first-line support, de-escalation techniques, risk management, self-care practices and more.

Enrol today to develop your Mental Health First Responder skills!



Course Delivery

1 day of theory and practical.
Certificate of Participation provided on completion.



Intake

Friday 26 July



Groups Bookings

Group discounts are available for 10+ people at your workplace.



Fees

\$150 per person

Course Overview - Mental Health First Responder

- ✓ Types and causes of mental illness
- ✓ De-escalation techniques
- ✓ Understanding distress and crisis
- ✓ Suicide risk and assessment
- ✓ Drug abuse signs and symptoms
- ✓ Risk management
- ✓ Self-care practices



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

Study with Perth's Premier education, training and staffing agency in health and aged care!