



MENTAL HEALTH FIRST AID FOR TERTIARY STUDENTS

The Mental Health First Aid Course for Tertiary Students teaches you how to recognise symptoms of different mental health problems and crises, how to offer and provide initial help, and how to guide a person towards appropriate treatments and other supports.

The cost to enrol is \$50 per person and free for selected first year health and allied health students until June 2019 thanks to funding from the Australian Government Department of Health.

Mental illnesses are common and young people are at highest risk. Research shows that more than one in four young people (aged 16-24) experience one or more of the common mental illnesses in any one year.



Many young people do not seek professional help for mental health problems. However, they tend to prefer sharing problems with their peers, so it's important for young people to have the skills and confidence to help their friends.



Through evidence-based course content, scenarios and films specific to the tertiary environment, you will learn practical skills to give initial support to a fellow student or any other young person or adult who may be developing a mental health problem or in a mental health crisis.



This course is delivered via self-paced eLearning and will take 6-8 hours to complete. Enrol at bit.ly/mhfatertiary



mhfa.com.au

Enrol today!