

# Get skilled in Mental Health First Aid. With are-able, it's never been easier.



**MENTAL HEALTH  
FIRST AID®**

For Anyone. For Everyone.™

Our 12-hour course will delve into the signs and symptoms of common mental health problems, helping you provide initial help to those in need. You'll learn where and how to access professional help, and discover effective treatment options, backed by research. We'll also guide you through providing Mental Health first aid during a crisis situation, giving you confidence when it matters most.



## Course content

### Mental health crisis situations:

- Suicidal thoughts and behaviours
- Deliberate self-harm
- Panic attacks
- Traumatic events
- Severe effects of drug and alcohol abuse
- Severe psychotic states
- Aggressive behaviours

### Mental health problems:

- Depression
- Anxiety
- Substance use problems

## Is this course for me?

This course is suitable for adults in workplaces, schools and community settings who want to support those in need. It's a 12-hour, face-to-face course, but delivery options include two full-day sessions or three four-hour sessions.

To apply, call are-able on **03 5564 7401**  
or visit **[areable.org.au/education-and-training](https://areable.org.au/education-and-training)**

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Education and Training