



TMF Training Solutions

TMF Training Solutions delivers MHFA courses as authored by Mental Health First Aid Australia, with experienced and accredited MHFA Principal Master Instructors

## Course Content

The MHFA course teaches adults how to provide initial support to adults who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or mental health crises:

### Developing mental health problems

- ✓ Depression
- ✓ Anxiety problems
- ✓ Psychosis
- ✓ Substance use problems

### Mental health crises

- ✓ Suicidal thoughts and behaviours
- ✓ Non-suicidal self-injury
- ✓ Panic attacks
- ✓ Traumatic events
- ✓ Severe psychotic states
- ✓ Severe effects from alcohol or other drug use



**MENTAL  
HEALTH  
FIRST AID**  
Australia

For a confidential discussion regarding Mental Health First Aid Training for yourself, your organisation, community group or workplace please contact our training team:

**E:** [MHFA@tmftrainingsolutions.com.au](mailto:MHFA@tmftrainingsolutions.com.au)

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## Mental Health First Aid (12 hr. program delivery)

**In Australia, around one in five adults will experience mental illness in any given year which means that we can all expect to have close contact with someone experiencing a mental illness**

Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.

TMF Training Solutions approach helps you to learn about mental health problems and mental health crises and how to respond to them in a safe, inclusive and friendly environment.

Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

MHFA will provide you with knowledge and skills to assist you to intervene if you are concerned about a colleague, customer, friend or family member

