

## Mental Health First Aid for Non-Suicidal Self - Injury

This 4-hour program gives participants an opportunity to learn how to help someone who is engaging in self-injury.

These actions can help to keep the person safe until a trained professional can assist them with any underlying mental health problems or other difficulties



### What the course covers:

- ✓ Why people engage in self-injury
- ✓ How to talk to someone about their self-injury
- ✓ How to help the person stay safe
- ✓ How to connect someone to appropriate professional help
- ✓ How to assess for suicidal thoughts and behaviours

Our approach at TMF Training Solutions 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.

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



**MENTAL  
HEALTH  
FIRST AID**  
Australia

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

M: 0407 198 363