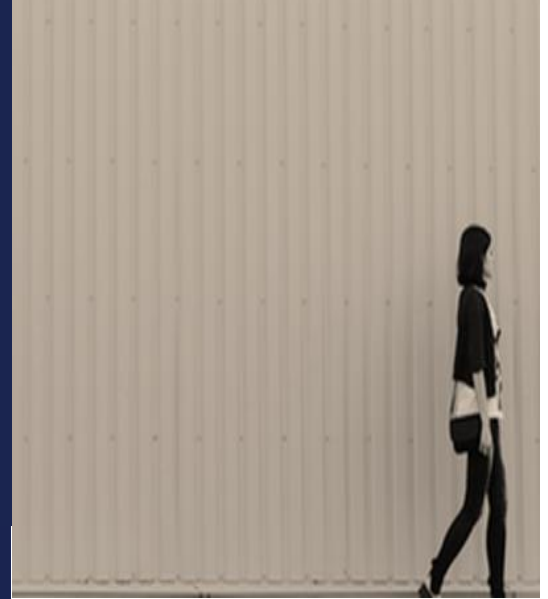


Mental Health First Aid for the Suicidal Person

Suicide is a major and preventable cause of death in Australia.

The 4-hour Mental Health First Aid for the Suicidal Person Course is an education course which teaches participants how to give first aid to someone who is feeling suicidal to reduce the risk of a person acting on thoughts of suicide. 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:

- ✓ Understanding accurate information about suicide rates and risk factors in the Australian context
- ✓ How to apply first aid guidelines and how to intervene when someone is experiencing suicidal thoughts and behaviours
- ✓ Practicing these skills in a safe environment

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:

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M: 0407 198 363



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HEALTH
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