



Mental Health First Aid for the Tertiary Students – 4hr. Face to Face Session

Mental Health First Aid training teaches tertiary students how to assist a peer who is developing a mental health problem or who may be in a mental health crisis.

Designed to support the needs of students attending TAFEs, Universities and other Tertiary Campuses. This course is a combination of online (eLearning) and a half day (4hrs) of follow-on face-to-face training.



Course participants first complete the interactive self-paced eLearning component that presents an overview of mental health problems and mental and mental health crisis

The follow-on face-to-face training allows participants the opportunity to revise and consolidate skills in a group environment, and to address mental health problems in more depth.



In the face-to-face training, participants will gain understanding and recognition of how to assist people who may have or are developing mental health problems and mental health crises, and how to respond to them.

Mental health problems covered include:

- ✓ Depression
- ✓ Psychosis
- ✓ Anxiety problems
- ✓ Eating disorders

Enrolling in this Blended Course is a two-step process:

1. Enroll and complete the eLearning component – you can do this via Mental Health First Aid Australia website
2. **Arrange follow-up face-to-face group training session with TMF Training Solutions:**

E: MHFA@tmftrainingsolutions.com.au

M: 0407 198 363

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.