



# MHFA FOR NON-SUICIDAL SELF-INJURY

## DO YOU KNOW HOW TO HELP SOMEONE ENGAGING IN NON-SUICIDAL SELF-INJURY?

### MHFA FOR NON-SUICIDAL SELF-INJURY

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

It teaches:

- 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

### ABOUT MHFA AUSTRALIA

Mental Health First Aid Australia is a national not-for-profit organisation that develops and evaluates mental health training and research. Our vision is to create a community where everyone has the first aid skills to support people with mental health problems.

### WHO CAN ATTEND?

Anyone over the age of 18 is welcome to attend this course.

### WHERE CAN I FIND A COURSE?

Upcoming courses for members of the public are advertised in our courses calendar on the MHFA website or you can contact a local instructor directly.

All instructors of this course are trained by MHFA Australia.

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.

[www.mhfa.com.au](http://www.mhfa.com.au)

