



Mental Health First Aid for the Suicidal Person

Do you know how to help a suicidal person?
This **NEW** 4-hour specialised Mental Health First Aid course is now available.

What is the Mental Health First Aid for the Suicidal Person Course?

This new course is based on our expert consensus guidelines '*Suicidal Thoughts and Behaviours: First Aid Guidelines*'. Curriculum content is evidence-based, with the input of both mental health professionals, researchers and consumer advocates.

Training consists of 4 hours face-to-face training and course participants receive a Handbook and online Certificate of Completion. This training complements the 12-hour Standard MHFA course and the 14-hour Youth MHFA course.

Where are courses held? How can I find an Instructor?

The courses can be conducted wherever a Mental Health First Aid Instructor accredited to deliver this course can travel. If extended travel is required, the instructor's expenses may need to be met (to be negotiated with the instructor).

MHFA for the Suicidal Person courses for members of the public are advertised through the website at mhfa.com.au/courses/public

You can find MHFA Instructors accredited to deliver this course in your area at mhfa.com.au/instructors

Contact your local instructor to ask about their fees. *All instructors of this course are trained by Mental Health First Aid Australia.*

Who can attend?

Any interested adult can attend. This course is not a therapy or support group or a post-vention course, rather it is an education course and it is important that people undertaking the course are feeling relatively robust when they undertake it. It is not recommended for individuals recently bereaved by suicide.

About Mental Health First Aid Australia

Developed in 2000 by Betty Kitchener AM and Professor Tony Jorm, Mental Health First Aid Australia is a national not-for-profit organisation focused on mental health training and research. MHFA Australia develops, evaluates and provides a variety of training programs and courses.

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.