

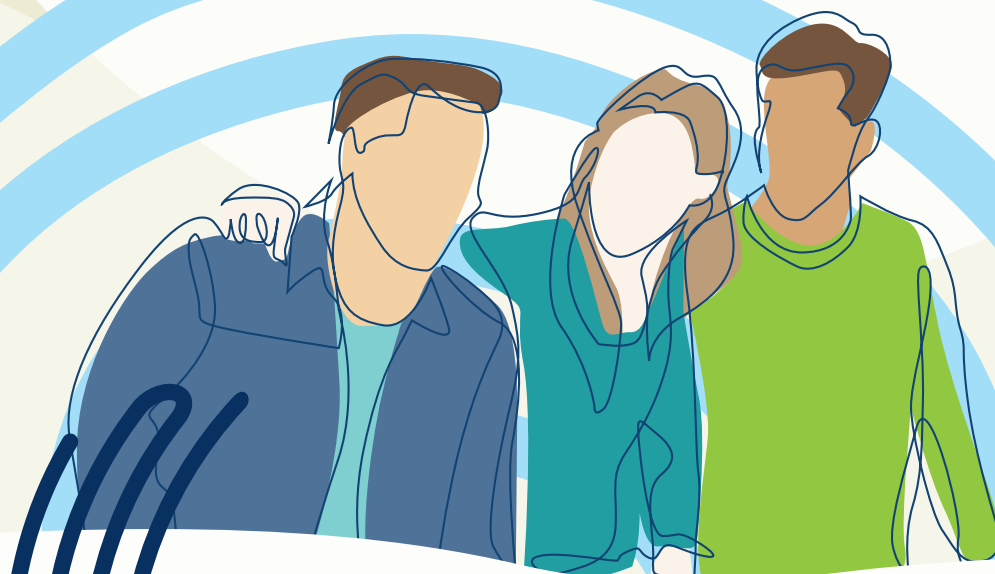
Standard Mental Health First Aid Course

The Standard Mental Health First Aid (MHFA) course is an evidence-based training program designed to equip adults with the knowledge and practical skills to support other adults experiencing mental health problems, crises, or distress. Developed by Mental Health First Aid Australia, the course teaches

participants how to recognise common mental health conditions, provide initial help using the MHFA Action Plan, and guide a person towards appropriate professional support. This interactive course promotes understanding, reduces stigma, and helps build mentally healthy communities.

Modules covered:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non-suicidal self-injury
- Traumatic events



[REGISTER HERE](#)

Wheatbelt

Mid West

Goldfields

Great Southern

South West