



# Mental Health First Aid for the Suicidal Person

## Do you know how to help someone that is feeling suicidal?

Learn practical skills to improve your confidence in this half-day course

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

This 4 hour face to face course is based on our expert consensus guidelines 'Suicidal Thoughts and Behaviours: First Aid Guidelines'. Curriculum content is evidence-based, with the input of mental health professionals, researchers and consumer advocates.

### What will you learn?

- How to identify warning signs for suicide
- How to confidently support a person in crisis
- How to have a conversation with someone experiencing suicidal thoughts and behaviours

At the completion of the course you will be equipped with the skills and knowledge to safely have a conversation with a suicidal person.

Course participants will receive a handbook and an online Certificate of Completion.

### Who can attend?

Any interested adult can attend, there are no prerequisites for this course. It is important that people signing up for this course are feeling relatively robust when they undertake it. It is not recommended for individuals recently bereaved by suicide.

This training complements the 12-hour Standard MHFA course and the 14-hour Youth MHFA course.

### How can I complete this course?

Upcoming courses are listed on our website, and are often available Australia wide. If you wish to book for a workplace, community or have questions about a course, you can search for an Instructor to discuss your needs.

*All instructors of this course are trained and accredited by Mental Health First Aid Australia.*

### About Mental Health First Aid Australia

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until appropriate professional help is received or the crisis resolves.

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.*