

# Mental Health First Aid for Tertiary Students

The Blended Online MHFA Tertiary Course will teach you how to provide support to fellow students who may be experiencing a mental health problem or mental health crises until appropriate professional help is received or the crisis resolves, using a practical evidence based Action Plan

## »» Crisis situations

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

## »» Who can attend this course?

The Blended Online MHFA Tertiary Course is adapted from the Standard Mental Health First Aid Course for adults which teaches students in tertiary settings how to assist a fellow student developing a mental health problem or experiencing a mental health crisis. The course teaches tertiary students how to assist a peer who is developing a mental health problem or in a mental health crisis, using case-studies, videos and resources tailored to their learning needs. The mental health first aid skills learnt can be applied to help any adult.

## »» Topics

- Depression and anxiety
- Psychosis
- Substance use problems

## »» Delivery Methods



### Blended

- 5-7 hour self-paced eLearning component



### Online:

- 2 x 2.5 hour online facilitator led sessions
- Max 12 Participants