

## Enquiry Package

# Standard Mental Health First Aid Course

Thank you for considering Trainwest. At the heart of Trainwest, success is the quality of training that is provided. The Trainwest team are highly skilled in their relevant areas and provide an engaging and enjoyable environment to promote a positive learning experience.

At Trainwest we place significant importance on organisations having quality safety personnel. We have been providing work health and safety (WHS) training solutions to businesses, corporate representatives and individuals in Perth and Western Australia since 2007.

Our Trainwest Safety Institute mission statement is:

**To motivate safety leaders to engage with workplace health and safety because they want to and inspire them to do safety differently.**

# Mental Health First Aid



## OVERVIEW

The two-day Standard Mental Health First Aid course is a transformative experience. It guides participants through the intricacies of providing initial support to adults facing mental health challenges.

From mastering signs and symptoms to deploying a practical action plan, participants will learn the art of approaching individuals with concerns and fostering a supportive environment.

Participants gain the knowledge, confidence and skills to offer crucial support and information precisely when needed, contributing to a community that prioritises and champions mental well-being.

Main topics covered during the course include:

- **Recognise Mental Health Indicators**  
Develop a keen ability to identify subtle signs and symptoms associated with various mental health problems in adults.
- **Initiate Empathetic Conversations**  
Acquire the skills to initiate compassionate and evidence-based mental health first aid conversations, fostering a supportive environment.
- **Overcome Barriers to Help-Seeking**  
Explore effective strategies to overcome common barriers to help-seeking, ensuring a more accessible and understanding support system.
- **Provide Initial Support in Crisis Situations**  
Gain proficiency in assessing and delivering essential initial support in diverse crisis situations related to mental health concerns.
- **Comprehensive Understanding of Mental Illness**  
Deepen understanding of the prevalence and impact of mental illnesses, including insights into associated risk factors, available treatments, and support options.
- **Implement Self-Care Practices**  
Incorporate practical self-care practices to enhance personal well-being while serving as a responsible and effective Mental Health First Aider.



## RECOMMENDED FOR

This course is suited for:

- Supervisors and Managers: Learn how to have safe conversations with the workforce
- Human Resource and Safety Professionals: Learn how to have safe conversations with the workforce and implement strategies if required.
- Workers: Allows the team to access a trained Mental Health First Aider that they can talk to in confidence about their mental health concerns.



## ENTRY REQUIREMENTS

There are no pre-requisites for this course.



## DELIVERY STRUCTURE

Face-to-face training is delivered over two (2) days. You will be supplied with a Standard Mental Health First Aid workbook.

Training days are from 8:30am to 4:00pm AWST.



## INHOUSE TRAINING

This course can be customised to suit your organisation and delivered in a flexible format to suit your workplace requirements.

Please contact Trainwest for more information on 1300 938 411 or email [admin@trainwest.com.au](mailto:admin@trainwest.com.au).



## ASSESSMENT REQUIREMENTS

This course is non-accredited.

There are no formal assessments to complete.



## REQUIRED RESOURCES

Trainwest provides the following resources:

- Full set of learning materials
- Customised PowerPoint presentations
- Detailed lesson plans.



### SUPPORT PROVIDED

Trainwest provides ongoing support to students throughout the duration of the course via email and telephone.

Students are provided with an **MHFA Workbook**.



### CERTIFICATION

Upon successful completion of this course, students will receive a Statement of Attendance.



### INVESTMENT

Module Name	Duration	Cost
Standard Mental Health First Aid Course	2 Days	\$566 + GST

Please refer to our [Trainwest Student Handbook](#) for more information on our policies and procedures, including our [Fees and Refunds Policy](#).



### COURSE CALENDAR

2025 Course Dates	
	
Monday to Tuesday, 17 <sup>th</sup> to 18 <sup>th</sup> March	Perth Airport
Monday to Tuesday, 30 <sup>th</sup> June to 1 <sup>st</sup> July	Perth Airport
Thursday to Friday, 11 <sup>th</sup> to 12 <sup>th</sup> September	Perth Airport
Monday to Tuesday, 1 <sup>st</sup> to 2 <sup>nd</sup> December	Perth Airport

*\* Dates and locations are subject to change*



### LOCATION

All training is delivered at our Trainwest Training Centre:

[23 Abbott Road, Perth Airport](#)