



trainwest
safety institute



Standard Mental Health First Aid

Empower Others in Supporting Mental Health!

Are you ready to make a difference in your community, workplace or learning environment?

The Standard Mental Health First Aid course is your gateway to becoming a confident and compassionate first responder to mental health challenges.

Whether starting fresh or looking to enhance your current skills, this course equips you with practical tools to provide crucial assistance when it matters most.



Course Overview

The **Standard Mental Health First Aid Course** is designed to equip individuals with the knowledge and skills to offer crucial support and information on providing initial support to adults facing mental health challenges.



Recommended For

This course is ideal for workers, supervisors, managers, and HR and safety professionals with WHS and mental health responsibilities. It is particularly suited to:

- **Individuals seeking career progression:** Enhance your skills and knowledge to open up new job opportunities or transition into a new role.
- **Industry professionals:** Gain formal recognition of your expertise or upskill to stay current with industry standards.
- **Those looking to meet job requirements:** This is an important course for those looking to move into health and safety advisory or coordination positions.
- **Individuals pursuing further education:** Successfully completing this course may provide pathways to higher qualifications or credit towards further study.

Career Pathways

Roles vary depending on the industry and sector, including positions such as:

- WHS Advisor
- Safety Officer
- Health and Safety Coordinator.

Education Pathways

Students may undertake a *Certificate IV in Work Health and Safety*, a *Diploma of Work Health and Safety*, or pursue further specialisation in safety, risk management or training and assessment.



Course Structure

This course covers the following topics:

- **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 wellbeing while serving as a responsible and effective Mental Health First Aider.



Delivery Modes

Choose from a range of flexible delivery options:



Face-to-Face Classroom

Attend two (2) days of face-to-face training, 8:30am to 4:00pm, at our Trainwest training centre.



Inhouse Training

This course can be customised for group training. Delivery can be tailored to suit organisational requirements, with flexible delivery options in the workplace. Please speak with our Student Services Team for more information.



Course Requirements

To be eligible for this course, students must meet the following course requirements.

Student Resources

Students need to have the following resources:

- Laptop with Wi-Fi capability, a USB port, and Microsoft Office.



Student Support

Trainwest supports students throughout their learning journey, ensuring they have access to the resources and guidance they need to succeed.

Support includes:

- **Trainer & Assessor Assistance:** Our experienced Trainers and Assessors provide guidance, feedback and support throughout the course.
- **Flexible Learning:** Learning materials, feedback, and assistance are accessible whether studying in person or remotely.



Course Outcome

Upon completion, students will receive a Certificate of Attendance.



Course Fees

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|-------------|-------------|
| Tuition Fee | \$586 + GST |
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Next Step

Ready to enrol?

Visit our website to view upcoming course dates and submit an enrolment application. Scan the QR code or [click here](#) to get started.

Need more information?

Contact our Support Services Team if you have any questions.



Training Hours

8:30am to 4:00pm



Training Location

[Level 1, 23 Abbott Road, Perth Airport, WA 6105](#)

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Enrol Now!

Contact Us



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trainwest.com.au