

Mental Health First Aid Course

Run Sheet 8:00am - 4:00pm

Face to Face



2 DAY COURSE

- Arrive 7:45 am on day 1 for registration
- Day 1: Session 1 and Session 2
- Day 2: Session 4 and Session 4

DAILY OVERVIEW

- 7:00am: Venue access and set up
- 7:45am: Participants arrive & register attendance 8:00am: Course commences (late arrival not accepted)
- 8:00am - 4:00pm: Course delivery
- 4:00pm - 4:30pm: Pack up venue and equipment

DAY 1 COURSE DELIVERY

- 8:00am to 8:10am: Introduction, Housekeeping, Course Explanation
- 8:10am to 9:30am: Session 1.1 (1 hr 20 mins) - Mental Health vs Illness, Mental Illnesses Risk and Protective Factors, Prevalence and Impacts, Interventions
- 9:30am to 9:45am: MORNING TEA (15 mins)
- 9:45am to 11:05pm: Session 1.2 (1 hr 20 mins) - Mental Health First Aid Action Plan (ALGEE), Depression, Bipolar Disorder
- 11:05pm to 11:35pm: LUNCH (30 mins)
- 11:35pm to 1:35pm: Session 2.1 (2 hrs) - MHFA ALGEE Practice, Crisis, Suicidal Thoughts and Behaviours, Non-Suicidal Self Injury
- 1:35pm to 1:50pm: AFTERNOON TEA (15 mins) *optional
- 1:50pm to 3:10pm: Session 2.2 (1 hr 20 mins) - MHFA ALGEE Practice, Anxiety Disorders 3:10pm to 3:30pm: Self Care Discussion and Conclusion
- 3:30pm to 4:00pm: Mental Health Resource Discussion - Mindshift 4 Life
- 4:00pm to 4:30pm: Pack Up Venue / Equipment

Mindshift 4 Life

mindshiftlife9@gmail.com

0491614531

<https://www.mindshift4life.com.au/>

ABN: 57 487 527 752

Mental Health First Aid Course

Run Sheet 8:00am - 4:00pm

Face to Face



DAY 2 COURSE DELIVERY

- 8:00am to 8:20am: Introduction, Housekeeping, Self Care Discussion, "Unwell - Matchbox Twenty, " Course Explanation
- 8:20am to 9:50am: Session 3.1 (1 hr 30 mins) - MHFA ALGEE Review and Practice, Panic Attacks, Traumatic Events
- 9:50am to 10:05am: MORNING TEA (15 mins) 1
- 0:05am to 11:25pm: Session 3.2 (1 hr 20 mins) - MHFA ALGEE Practice, Psychosis 11:25pm to 11:55pm: LUNCH (30 mins)
- 11:55pm to 1:35pm: Session 4.1 (1 hr 20 mins) - MHFA ALGEE Practice, Psychosis Continued
- 1:35pm to 1:50pm: AFTERNOON TEA (15 mins) *optional
- 1:50pm to 3:30pm: Session 4.2 (1 hr 40 mins) - Substance Use, Aggressive Behaviours, Conclusion (Quiz - Final Course Requirement)
- 3:30pm to 4:00pm: Mental Health Resource Discussion - Mental Health First Aid Australia 4:00pm to 4:30pm: Pack up Venue / Equipment