

Mental Health First Aid Course

Run Sheet 9:00am - 5:00pm

Face to Face

2 DAY COURSE

- Arrive 8:45 am on day 1 for registration
- Day 1: Session 1 and Session 2
- Day 2: Session 4 and Session 4

DAILY OVERVIEW

- 8:00am: Venue access and set up 8:45am: Participants arrive & register attendance
- 9:00am: Course commences (late arrival not accepted)
- 9:00am - 5:00pm: Course delivery
- 5:00pm - 5:30pm: Pack up venue and equipment

DAY 1 COURSE DELIVERY

- 9:00am to 9:10am: Introduction, Housekeeping, Course Explanation
- 9:10am to 10:30am: Session 1.1 (1 hr 20 mins) - Mental Health vs Illness, Mental Illnesses Risk and Protective Factors, Prevalence and Impacts, Interventions
- 10:30am to 10:45am: MORNING TEA (15 mins)
- 10:45am to 12:05pm: Session 1.2 (1 hr 20 mins) - Mental Health First Aid Action Plan (ALGEE), Depression, Bipolar Disorder
- 12:05pm to 12:35pm: LUNCH (30 mins)
- 12:35pm to 2:35pm: Session 2.1 (2 hrs) - MHFA ALGEE Practice, Crisis, Suicidal Thoughts and Behaviours, Non-Suicidal Self Injury
- 2:35pm to 2:50pm: AFTERNOON TEA (15 mins) *optional
- 2:50pm to 4:10pm: Session 2.2 (1 hr 20 mins) - MHFA ALGEE Practice, Anxiety Disorders
- 4:10pm to 4:30pm: Self Care Discussion and Conclusion
- 4:30pm to 5:00pm: Mental Health Resource Discussion - Empowered Forward
- 5:00pm to 5:30pm: Pack Up Venue / Equipment

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DAY 2 COURSE DELIVERY

- 9:00am to 9:20am: Introduction, Housekeeping, Self Care Discussion, “Unwell - Matchbox Twenty, ” Course Explanation
- 9:20am to 10:50am: Session 3.1 (1 hr 30 mins) - MHFA ALGEE Review and Practice, Panic Attacks, Traumatic Events
- 10:50am to 11:05am: MORNING TEA (15 mins)
- 11:05am to 12:25pm: Session 3.2 (1 hr 20 mins) - MHFA ALGEE Practice, Psychosis
- 12:25pm to 12:55pm: LUNCH (30 mins)
- 12:55pm to 2:35pm: Session 4.1 (1 hr 20 mins) - MHFA ALGEE Practice, Psychosis Continued
- 2:35pm to 2:50pm: AFTERNOON TEA (15 mins) *optional
- 2:50pm to 4:30pm: Session 4.2 (1 hr 40 mins) - Substance Use, Aggressive Behaviours, Conclusion (Quiz - Final Course Requirement)
- 4:30pm to 5:00pm: Mental Health Resource Discussion - Mental Health First Aid Australia
- 5:00pm to 5:30pm: Pack up Venue / Equipment