



This 12 - hour course teaches adults how to provide mental health first aid to friends, family and co-workers.

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

What is Mental Health First Aid (MHFA) ?

Mental Health First Aid is a licensed Evidence-Based Programme from MHFA International, Australia. It is aimed at providing the knowledge to help a person with mental health problem or crisis until appropriate professional help is received or the crisis resolves.

MMHA holds the country license for the Standard Mental Health First Aid Programme which has been adapted for the Malaysian setting.

This 12-hour course is suitable for adults in the work place, Institutions of Higher Learning, and the community. It covers the following areas:

1. Understanding various common mental health problems, in particular
 - *Depression*
 - *Anxiety*
 - *Psychosis*
 - *Suicide and non-suicidal self-injury*
2. Providing first aid to people experiencing these problems, specifically on:
 - *How to approach and communicate with affected person in an appropriate way*
 - *Encouraging affected person to seek appropriate professional help*
 - *Knowing where and how to seek professional help*

Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Format

The course can be delivered as a 2-day course or customised in 3.5hour modular segments on days/time based on requirements. Participants will receive a copy of the SMHFAMalaysia Manual.

Who should attend a SMHFA course?

It is most useful for those whose job deals with managing people in the workplace or students in Institutions of Higher Learning; or those dealing with people in community work.

Participants who complete the course and an online Accreditation Assessment will receive a Mental Health First Aider Certificate which is valid for 3 years.

Why attend a SMHFA Course?

MHFA provides knowledge for early intervention to prevent a mental health problem from becoming more serious; facilitates early recovery for the affected person.

Fee

Individual Rate is RM 800. Community grants are available.

Contact us at **03- 2780 6803** or email us at admin@mhfa.org.my for more information.

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TO REGISTER!

