

# Blended Mental Health First Aid

## Training for Community or for the Workplace.

Mental Health First Aid is the help given to someone dealing with a mental health problem or crisis, until appropriate professional treatment is received or until the crisis resolves. Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

### Takeaways from this presentation:



Skills to recognise the signs and symptoms of mental health problems



Knowledge of possible causes or risk factors for these mental health problems



Awareness of evidence based medical, psychological and alternative treatments available



Online

Designed for increased flexibility in the delivery of training, a Blended Mental Health First Aid Course is a combination of online eLearning (about 6 hours) and two 2½-hour follow-on workshops, delivered virtually on consecutive days. Lifeline provides participants with access to their eLearning component so that they can begin their preparation that precedes their online workshop participation.

**When:** 17 & 18 May 2023  
**Where:** ZOOM delivery  
**Time:** 9.15am-12.00pm each day  
**Cost:** \$0  
**Book:** [REGISTER HERE](#)  
**Enquire:** Angela Francis  
angela.francis@lifeline.org.au

Once you register, Lifeline will send you information about the release of your eLearning along with Zoom joining instructions

This project received grant funding from the Australian Government



**MENTAL  
HEALTH  
FIRST AID**  
Australia

When you complete an accredited Mental Health First Aid core course (in either face-to-face or blended mode), you will be eligible to receive a digital Certificate of Accreditation as a Mental Health First Aider.



Call - 13 11 14



Chat - [lifeline.org.au](https://lifeline.org.au)



Text - 0477 13 11 14