



**MENTAL
HEALTH
FIRST AID**
Australia

Welcome to

MENTAL HEALTH FIRST AID: **ENGAGING LEADERS**

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SESSION OVERVIEW

- Mental Health vs Mental Illness
- When to respond
- What is Mental Health First Aid (MHFA)?

WHAT THIS SESSION IS AND ISN'T



Opportunity to explore mental health problems Mental Health First Aid generally



Learning MHFA skills and actions

WHAT IS MENTAL HEALTH?



THE MENTAL HEALTH CONTINUUM

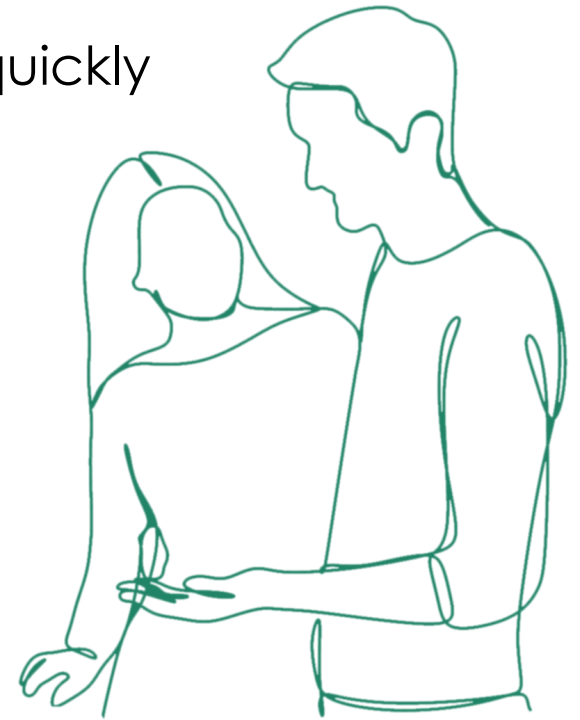


WHEN SHOULD YOU BE CONCERNED?

If there is a major change in a person's normal way of thinking, feeling or behaving,

If these changes affect the person's ability to function at work, home or socially,

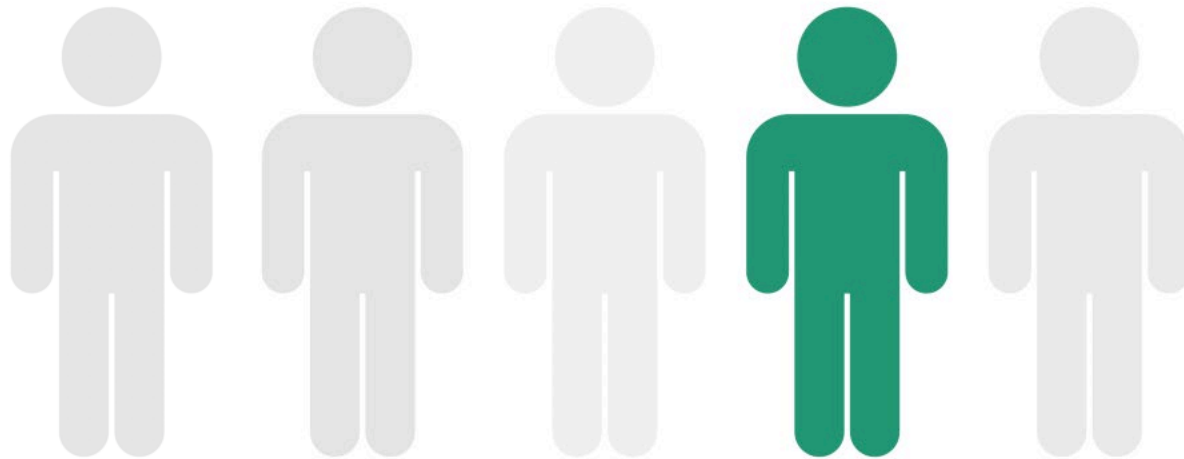
If the changes do not go away quickly or last longer than expected.



WHAT IS MENTAL HEALTH FIRST AID?

“The help provided to a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.”

THE FACTS



**1 IN 5 AUSTRALIAN ADULTS EXPERIENCE A
COMMON MENTAL ILLNESS IN ANY ONE
YEAR**

COMMON TYPES OF MENTAL ILLNESSES

- Anxiety disorders are the most common types of mental illness
- Depressive disorders and substance use disorders are also common



POSSIBLE SIGNS OF MENTAL HEALTH PROBLEMS IN THE WORKPLACE

BEHAVIOURAL

- not getting things done
- erratic behaviour
- withdrawing from others
- reduced participation in work activities
- inability to concentrate
- indecisive
- difficulty with memory
- loss of confidence
- conflict with team members/manager
- excessive fear or worry
- increased errors, accidents

PHYSICAL

- tired all the time
- sick and run down
- headaches
- persistent/resistant muscle aches and pains
- moving more slowly or appearing agitated
- changes in sleep patterns
- weight loss or gain
- disheveled appearance
- gastro-intestinal problems

WHAT DO PEOPLE LEARN IN MHFA TRAINING

Approach the person, assess and assist with any crisis

Listen and communicate non-judgementally

Give support and information

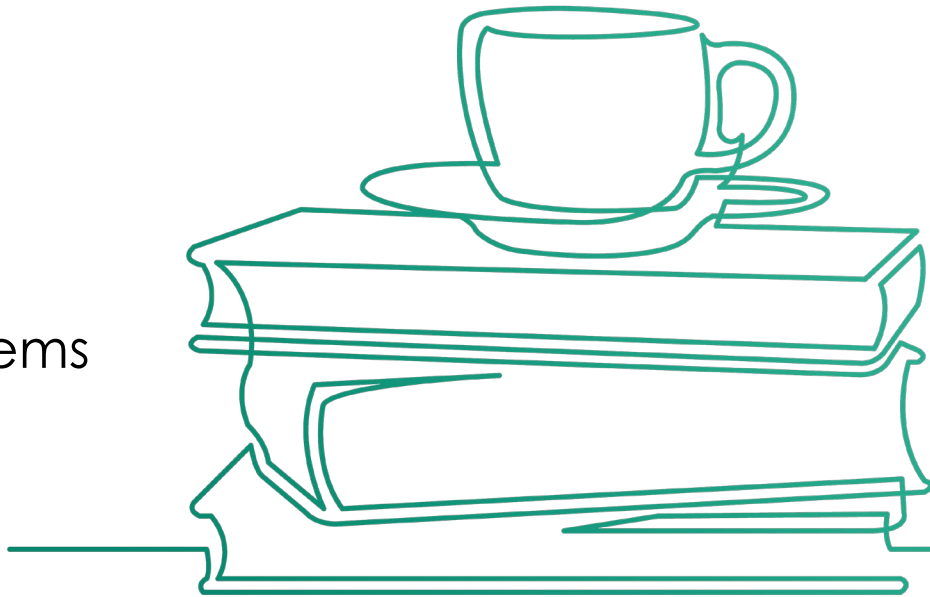
Encourage the person to get appropriate professional help

Encourage other supports



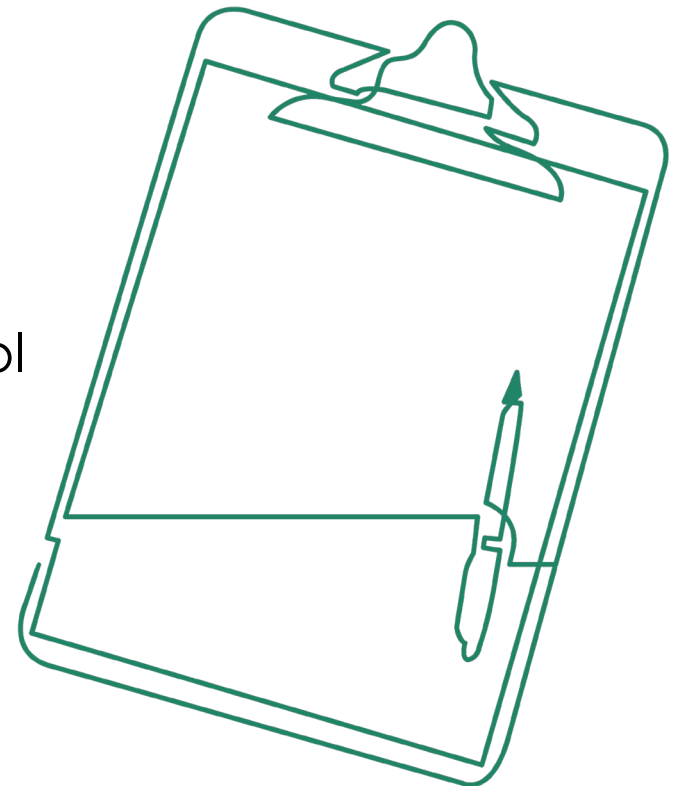
MHFA COURSE CONTENT

- Mental Health First Aid Action Plan
- Depression
- Anxiety problems
- Psychosis
- Substance use problems



CRISIS SITUATIONS

- Suicidal thoughts or behaviours
- Non-suicidal self-injury
- Panic attack
- After a traumatic event
- Acute psychotic state
- Severe effects from alcohol or other drug use
- Aggressive behaviour



WHAT DO EVALUATIONS SHOW?

As a result of MHFA training, participants demonstrate:

- Increased knowledge of how to provide MHFA
- More positive attitudes to appropriate treatments
- Decreased stigmatising attitudes
- More supportive behaviours to others
- More confidence in providing support

HELPFUL RESOURCES

Head to Health

<https://www.headtohealth.gov.au/>

Lifeline 13 11 14

Blackdog Institute

<https://www.blackdoginstitute.org.au/>

Beyond Blue

<https://www.beyondblue.org.au/>



**MENTAL
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Learn the skills to make a difference.

THANK YOU

mhfa.com.au

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