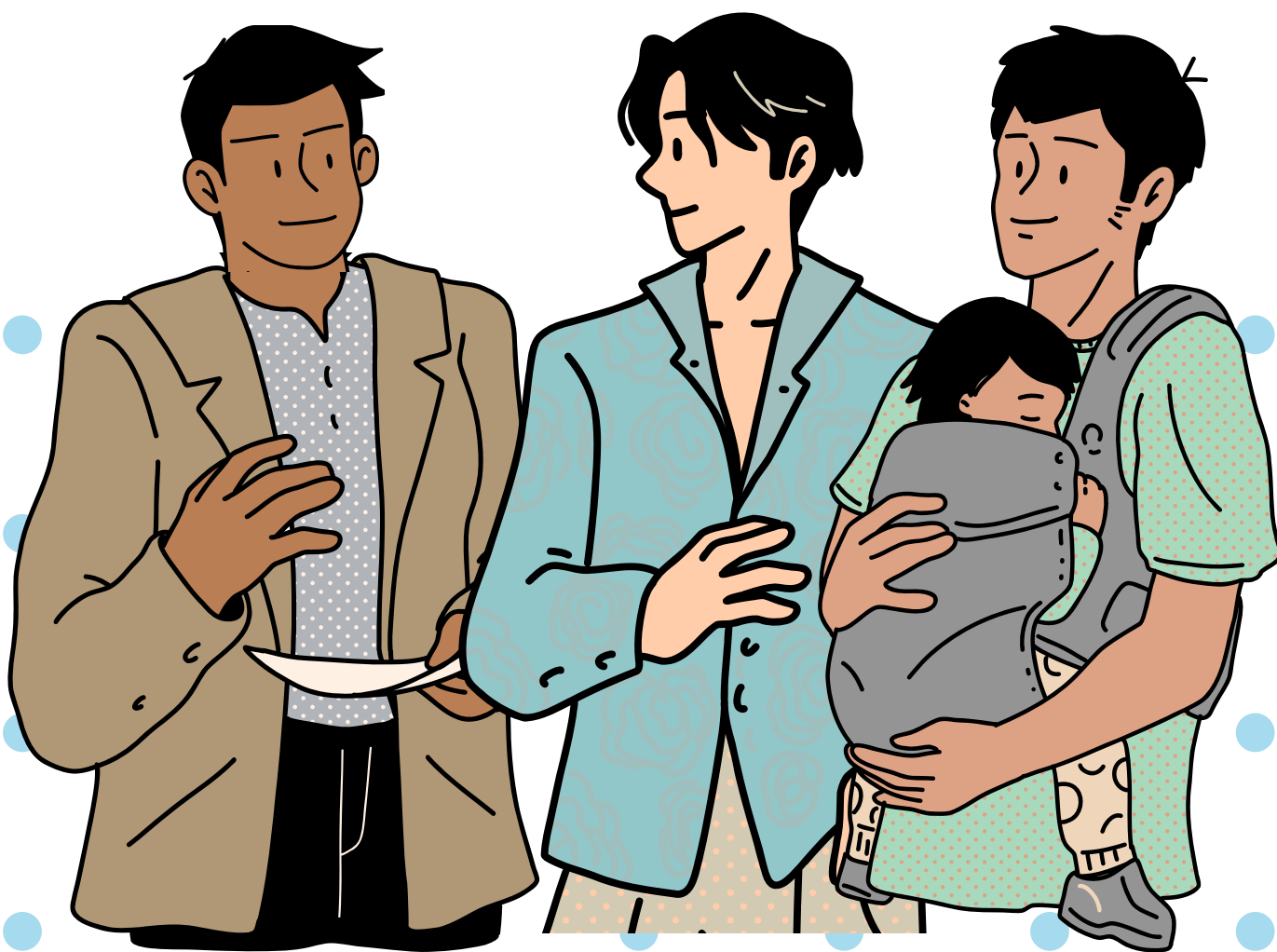


MENTAL HEALTH FIRST AID TRAINING



Mental health first aid strategies are taught in evidence-based training programs authored by Mental Health First Aid Australia.

At the Iceberg Foundation, we offer the Adult Mental Health First Aid and Youth Mental Health First Aid Courses.



Our trainers have extensive experience as mental health workers/peers and are passionate about Mental Health First Aid Training

YOUTH MENTAL HEALTH FIRST AID

The Youth Mental Health First Aid Training is for any adult supporting, working, or living with people aged between 10 and 20 years of age.

The course teaches you how to assist adolescents developing a mental health problem or are in a mental health crisis. You learn about adolescent development, the signs and symptoms of mental illnesses in young people, where and how to get effective help, and how to provide first aid in a crisis situation.





The
Iceberg
Foundation

ADULT MENTAL HEALTH FIRST AID

Completing a MHFA Course will help you to develop the skills to support a friend, family member, co-worker or even stranger.

Having mental health first aid skills allows you to make a real difference to your community by assisting someone who might be developing a mental health problem or experiencing a mental health crisis.



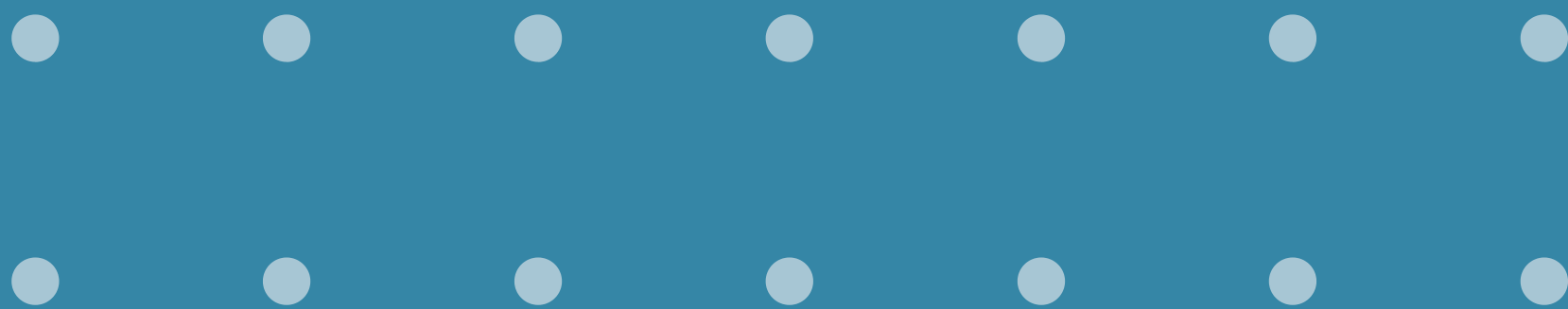
TRAINING FORMAT

Courses can either be delivered in person or through a blended online/face to face format

The Youth Mental Health First Aid Training is a 14 hour course delivered over 2 full days or over 4 x 3.5 hour sessions

The Adult Mental Health First Aid Training is a 12 hour course delivered over 2 full days or as a blended model which includes 5 - 7 hours of eLearning and 2 x 2.5 hour zoom sessions

All Course participants receive a copy of the relevant MHFA Manual, action plan cards and a Certificate of Completion.



Contact us on 0422 468 026 or at admin@theicebergfoundation.org to learn more about how we can help you to best support the people around you