



Mental Health First Aid[®]



**Evidenced based training available
in-person or online**

mitraining.edu.au



Become a Mental Health First Aider in your workplace

Australia
wide

Mental Health First Aid courses are designed to equip individuals with the necessary skills and knowledge to provide initial assistance to someone experiencing a mental health crisis or developing a mental health problem.



Evidence-based



Accredited Instructor



Face-to-face

Benefits

- **Awareness:** Understand mental health signs and foster compassion
- **Skills:** Learn practical strategies to support those facing mental challenges
- **Confidence:** Recognise and respond confidently to mental health crises
- **Delivery:** Choose between a live two-day course (12 hours) or online learning with live virtual calls
- **Certification:** Receive a certificate from MHFA™ and use the title Mental Health First Aider

Book Online

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