

Standard Mental Health First Aid

13-14 July 2023 | Rockhampton

The 12-hour Standard Mental Health First Aid course is for any interested adult. You will learn how to assist an adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan. This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

LEARNING OUTCOMES

- Gain an understanding of mental health in Australia
- Investigate the common mental health conditions in the community
- Explore the crisis situations that can stem from common mental health conditions
- Learn how to identify and assist an individual who is experiencing a deterioration in their mental health

DEVELOPING MENTAL HEALTH PROBLEMS COVERED ARE:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

MENTAL HEALTH CRISIS SITUATIONS COVERED ARE:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

Sue Walker

RN, BN, BN (ADMIN), MPH (PALCARE), MACN

Sue is the Director and co-founder of the Nurses for Nurses Network. As a Registered Nurse Sue holds Degrees in Nursing and Health Administration, a Master's Degree in Public Health Care majoring in Palliative Care, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, Training and Assessment, and is also an Accredited Mental Health First Aid Trainer.

Sue has extensive experience both as a clinician, educator, and senior manager in the acute, aged care, community, and palliative care settings. Sue is passionate about making a difference in the way in which people experience the health care system.

"Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession – the backbone of the healthcare system, it is the knowledge and skill of the individual Nurse that will have the greatest influence on the happiness and health outcomes of each and every client."

DAY ONE: 0830 - 1530

Session One: Mental Illness: Risk factors, prevalence and Impact, and The MHFA Action Plan

Session Two: The Signs and Symptoms of Depression

Session Three: The MHFA Action Plan for Depression

Session Four: The Signs and Symptoms of Anxiety Problems

DAY TWO: 0900- 1530

0900 - 1030: The MHFA Action Plan for Anxiety Problems and the Signs and Symptoms of Psychosis

1030 - 1100: Break

1100 - 1230: The MHFA Action Plan for Psychosis

1230 - 1300: Lunch

1230 - 1400: Substance use Problems: Signs and Symptoms

1400 - 1530: The MHFA Action Plan for Substance use Problems and summary

Registration: \$490

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