

Mental Health First Responder

1 Day Course - Online or In Person



Learn essential skills to respond and support individuals with mental health challenges

- Suitable for all industry types** ✓
- Catered for individuals or workplaces** ✓
- Choose either online or in-person training** ✓

Mental Health First Responder is suited for all industry types and individuals. Be equipped with essential skills to recognise and respond to mental health challenges, ensuring you can offer immediate and effective assistance. Perfect for individuals or workplace training sessions, this course includes identifying early warning signs, providing crucial first-line support, de-escalation techniques, risk management, self-care practices and more.

Choose either online, in-person class at our training rooms, or book a group at your workplace!

 **Online**

Self-paced, online option. Learners complete remotely on a computer.

 **In-Person**

Attend a class:
Friday 13 September

 **Group Bookings**

Book one of our experienced Trainers to come to your workplace.

 **Fees**

Choose either online or in-person option:
\$150 per person

Course Topics - Mental Health First Responder

- ✓ **Communication techniques**
- ✓ **De-escalation techniques**
- ✓ **Understanding distress and crisis**
- ✓ **Suicide risk and assessment**
- ✓ **Risk management**
- ✓ **Self-care practices**

**Phone our team
to enquire or enrol
(08) 9439 1673**



Study with Perth's Premier education, training and staffing agency in health and aged care!