



**MENTAL
HEALTH
FIRST AID**
Australia

MENTAL HEALTH FIRST AID

CONVERSATIONS ABOUT NON-SUICIDAL SELF-INJURY

Learn how to assist someone who is engaging in self-injury.



The Mental Health First Aid Conversations About Non-Suicidal Self-Injury course will teach you how to identify, approach and support someone who is engaging in self-injury by using a practical, evidence based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

The term 'non-suicidal self-injury' (NSSI) describes a behaviour where a person deliberately or purposefully hurts themselves. It is used to refer to self-injury that is not intended to result in death.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Note: This course is not a therapy or support group.



What is the format?

This is a 4-hour workshop.



Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.



What you will learn?

- Why people engage in self-injury
- How to talk to someone about their self-injury
- How to help the person stay safe
- How to connect someone to appropriate professional help
- How to assess for suicidal thoughts and behaviours.



Who can attend this course?

Any adult can attend.



How do I sign up?

Go to the Course Calendar on our website and select a course near you. If organising a course for a group, you can search for a local Instructor on our website to discuss your needs.

Full range of courses available at:
mhfa.com.au/courses



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