This is an example of some of the key elements of the course content.

• **Prevalence of mental illness and statistics**

  • Mental health problems in Australia
  • Steps of Mental Health First Aid (action plan):
    • Assess the risk of suicide or harm
    • Listen non-judgementally
    • Give reassurance and information
    • Encourage person to get appropriate professional help
    • Encourage self-help strategies

• **Mental health issues including:**

  • Depression
  • Anxiety
  • Psychosis
  • Substance use disorders

• **Crisis situations including:**

  • Suicidal behaviour
  • Acute stress reaction
  • Panic attacks
  • Acute psychotic behaviour
  • Overdose