

# MENTAL HEALTH FIRST AID

**Mental Health Mental Health First Aid (MHFA)** training teaches participants how to be a proficient Mental Health First Aiders in providing initial support to club and fellow staff members who may be developing a mental illness or experiencing a mental health crisis.

The MHFA course is compulsory for ALL Fernwood Owners, Managers and Fernwood Trainers to complete within their first three months of employment. Fernwood NSO runs accredited MHFA courses for all club employees at a discounted rate and each participant can apply to be granted 10 CEC points with Fitness Australia after completion of their MHFA Certificate (valid for 3 years).

***The course is accredited with MHFA Australia and consists of:***

- **8 hours e-Learning (an e-Manual)**
- **5 hours live workshop** (in person or online)
- **A printed manual**

Training dates for each state are sent out in the HQ News and advertised on the Fernwood Intranet as and when they are running (at least one training per state each quarter).

***Why is MHFA so important?***

This course is incredibly powerful and can and does indeed save lives. Mental Illness affects at least 20% of the population in Australia, with 1 in 5 individuals having one of the three most common diagnosable mental illnesses - Anxiety, Depression and Bipolar and Substance Use Disorder.

Stigmas around mental illness are gradually being broken down and those experiencing various forms of mental health problems are receiving more and more help through increased awareness and training of the general public in standard Mental Health First Aid. Anxiety, depression and attempted suicides are significantly higher in females than males in Australia year on year. In a female dominated workplace, these first aid skills are crucial for keeping our club members and fellow staff safe and healthy.

Other topics covered are the broad spectrum of mental health problems and illnesses such as thoughts of suicide and psychosis.

***NSO requires all club owners, managers and Fernwood Trainers to be MHFA certified within the first 3 months of their employment. Please contact [helpdesk@fernwoodfitness.com.au](mailto:helpdesk@fernwoodfitness.com.au) to enquire about the next available training in your state.***

