MENTAL HEALTH FIRST AID®
Australia

phn GIPPSLAND
An Australian Government Initiative

Older Person Mental Health First Aid

The Older Person Mental Health First Aid course teaches participants who work with, care for or support adults aged 65+ how to provide initial support to someone who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in older adults, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.

Intervene early
Recognise the warning signs of mental health problems in older adults.

Offer support
Learn the skills to speak openly and accurately about mental health.

Respond in a crisis
Respond across a range of crisis situations where an older adult may be at risk of harm.

Reduce stigma
Reduce stigma and increase support for older adults experiencing and living with mental health problems.

Adults who complete the Older Person MHFA course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide mental health information and support when it matters most.

Learning Outcomes
Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in older adults
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Apply self-care practices as a Mental Health First Aider.

The Older Person Mental Health First Aid course is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.

Dates 29th &30th April, 2026

Times 09.30am-4pm

Cost Free - sponsored by Gippsland PHN

Facilitator/s **Ann Hamden**

Venue / Delivery Method Traralgon- Register here

*Costs include course participation and all relevant teaching materials.

To learn more about MHFA training and becoming an MHFAider visit **mhfa.com.au**

Anyone can have a conversation that may save a life. Everyone should know how.

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