



DAY 1

Session 1

Individual Learning (1 hour)

0900-1000

- Introduction to the Online Mental Health First Aid Course
- Activity 1: Why Mental Health First Aid?
- Activity 2: The Mental Health First Aid action plan
- Activity 3: What is mental health?
- Activity 4: Quiz: Impact of mental health
- Activity 5: Stress Container

Live Session (2.5 hours)

1000-1230

- Introduction to course functions
- Introduction to the course
- ALGEE and mental health introduction recap
- Stigma
- Risk and protective factors
- Frame of Reference
- The Mental Health Continuum
- Introduction to the Stress Container

Lunch Break

1230-1300

Session 2

Individual Learning (1 hour)

1300-1400

- Activity 6: The Frame of Reference
- Activity 7: What is depression?
- Activity 8: Risk factors for depression
- Activity 9: Mental Health First Aid for depression
- Activity 10: Introduction to suicide

Live Session (2.5 hours)

1400-1630

- Recap of individual learning on depression
- Prevalence of suicide
- Suicide, substance misuse and dual diagnosis
- Analyse the impact of suicidal feelings
- Recap of ALGEE and risk factors for suicide
- Explain the Mental Health First Aid action plan for suicide
- Explain non-judgmental listening, Empathy video
- Practice using ALGEE in case study scenarios
- Review of ALGEE for suicide and depression
- Self-care



DAY 2

Session 3

Individual Learning (1.5 hours)

0830-1000

- Activity 11: What is anxiety?
- Activity 12: Mental Health First Aid for anxiety
- Activity 13: What is an eating disorder?
- Activity 14: Mental Health First Aid for eating disorders
- Activity 15: What is self-harm?
- Activity 16: Mental Health First Aid for self-harm
- Activity 17: What are personality disorders?

Live Session (2.5 hours)

1000-1230

- Recap of individual learning of anxiety
- Recap of the five basic steps of ALGEE for anxiety
- Explain Action 1 for anxiety
- How to support someone who is having a panic attack
- Explain crisis first aid
- Practice Action 2: non-judgemental listening
- Practice applying the Mental Health First Aid action plan for anxiety
- Recap of ALGEE for anxiety
- Explain cognitive behavioural therapy
- Recap of eating disorders and self-harm
- Case study for eating disorders and self-harm
- Review ALGEE for eating disorders and self-harm

Lunch Break

1230-1300

Session 4

Individual Learning (1 hour)

1300-1400

- Activity 18: What are psychosis, schizophrenia, and bipolar disorder?
- Activity 19: Risk factors for psychosis
- Activity 20: Mental Health First Aid for psychosis
- Activity 21: Helpful and unhelpful responses
- Workbook Activity 10: My action plan for using Mental Health First Aid

Live Session (2 hour)

1400-1600

- Review of individual learning on psychosis
- Explain the development of symptoms of psychosis
- Review the five steps of ALGEE for psychosis
- Group discussion about MHFA Australia psychosis video
- Case study using Mental Health First Aid action plan for psychosis recovery
- Explore how to build a mentally healthy workplace
- Start an action plan to use Mental Health First Aid
- Feedback