

ABORIGINAL AND  
TORRES STRAIT ISLANDER



**MENTAL  
HEALTH  
FIRST AID**

**MENTAL HEALTH FIRST AID** is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

The Mental Health First Aid course is a scientifically-evaluated program which improves the mental health knowledge, skills and attitudes of participants.



**NOW  
AVAILABLE**

# Aboriginal and Torres Strait Islander Mental Health First Aid Course

**Aboriginal and Torres Strait Islander Mental Health First Aid is a 14-hour course which teaches first aid skills for mental health crisis situations and the early stages of mental health problems**