



UPSKILL
MENTAL
HEALTH

OLDER PERSON
MENTAL HEALTH FIRST AID

Learn how to provide mental
health first aid to people aged 65+



OLDER PERSON MENTAL HEALTH FIRST AID

This course will teach you, your staff or your community how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis using a practical, evidence based Action Plan.

Mental health problems covered:


- Depression • Anxiety • Confusion • Dementia
- Psychosis

Mental health crises covered:

- Suicidal thoughts and behaviours • Panic attacks
- Delirium • Unsafe and challenging behaviours

 **Why attend an Upskill Mental Health Course?**
UMH training provides improved knowledge of mental illnesses, treatments, strategies and confidence in providing mental health first aid.

 **What is the format?**
This is a 12-hour course, delivered as a 2-day (6 hours/day), or as 4 modules (3 hours each).

 **Become an Accredited Mental Health First Aider**
This course is the pre-requisite for the online assessment to be accredited with Mental Health First Aid Australia

 **More Information**
Email: annette@upskillmentalhealth.com
Phone: Annette on 0416 723 893
Online: upskillmentalhealth.com