



MP TRAINING +
RECRUITMENT

Mental Health First Aid



Skills for a brighter future.

Mental Health Training for Your Workplace.

Did you know that mental illness is the leading cause of sickness, absence, and long-term work incapacity in Australia? Managing mental health at work is crucial for creating a culture of care that benefits everyone.

Our Mental Health First Aid (MHFA) course provides:

- **Knowledge and Confidence:** Learn to recognise, connect, and respond to mental health problems or crises.
- **Support Awareness:** Understand the types of help available and how to access them.

Course Details

Our MHFA course is facilitated by an accredited MHFA Trainer and delivered online over three days, including:

- **Self-paced E-learning Modules** (6-7 hours)
- **Two Online Instructor-led Sessions** (3 hours each on days 2 and 3)

Participants must attend all sessions and complete the e-learning modules to receive a MHFA certificate from Mental Health First Aid Australia, accrediting them as certified Mental Health First Aiders. This certificate is valid for three years, with a refresher course required thereafter, and a full course retake after six years.

Participants will receive a comprehensive MHFA course workbook.

Cost: \$250 per person

For more information or a course schedule, please contact us for more information.

Call Us Today

02 6057 9333

mptrainingandrecruitment.com.au

RTO ID: 91454



Note: Cancellation or rescheduling due to non-completion of required e-learning modules may result in a fee of up to 100% of the original price.

This course is not part of a Vocational Education Qualification. Accreditation is provided by Mental Health First Aid Australia (<https://mhfa.com.au/>).

Personnel Group Training and Recruitment Pty Ltd trading as MP Training and Recruitment.

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