

Standard Mental Health First Aid (ShortCourse)

COURSE CODE	3120NUR001
LOCATIONS	Warrnambool
STUDY MODE	On Campus, Short Course
Length	Two days
Commencement	Follow the book now button for upcoming dates
Timetable	Six hours of class each day

Course Overview

This section gives you an introduction to what you will be learning in this course, plus course outcomes, career opportunities, and student support.

Introduction

This course teaches you how to provide initial support to those who are developing mental health problems, experiencing a worsening of an existing mental health problem or suffering a mental health crisis.

You will learn about how to help someone who is experiencing problems associated with depression, panic attacks, schizophrenia, substance abuse, psychosis, anxiety disorders, bipolar disorder, suicidal thoughts and behaviours, traumatic events or self-injury.

What will I Learn?

- a range of mental health issues
- recognising signs of mental health problems
- responding appropriately and effectively
- where and how to get help
- how to approach, assess and assist a person in crisis
- listening, communicating and giving support to those in need
- how to encourage a person to get [appropriate professional help and other support](#).

Course Requirements

This section gives you an overview of entry requirements, course units and electives, skills recognition, and assessment criteria.

For this course, you will need to:

- provide photo ID to the trainer on the first day of the course
- bring a pen and paper
- wear casual clothing.

Units offered

This short course does not include accredited units and training.

Fees

This section gives you an overview of course fees, subsidies, and how they can be paid.

Course Fees

Here's an outline of fees and costs associated with your course.

Course fees by student type	Indicative Course Fee
Government subsidised rate (if eligible)	\$0.00
Concession rate	\$0.00
Full fee rate (if not eligible for govt subsidy)	\$295.00

Additional course fees	Indicative Course Fee
Course consumable/materials (approximate)	\$0.00

How do I pay for the short course?

You can book and pay for your place in a short course online by following the book now button. Alternatively, you can call us on 1300 648 911 or visit your nearest campus for assistance in your booking.

If your course is to be invoiced to a third party, (eg. Work Cover, employer or agency) an Authority to Invoice (ATI) form needs to be completed and signed by the third party. Please contact us via the live chat below, calling 1300 648 911, or email short.courses@swtafe.edu.au to receive the form.

Next Steps

Ready to take the next step? Here you can make an enquiry, attend an information session or begin the application process.

Careers and Course Advice

Not sure which course is right for you? South West TAFE will help you find your way.

Our Careers Coaches at the [Skills and Jobs Centre](#) is here to support you. Whether you're exploring career options, transitioning from school to the workforce or looking to study after school we're here to help you.

Student Support

As a SWTAFE student, you can access a variety of support services that will enhance your study experience and help you complete your studies successfully. For more information about any of these services, [visit our student page](#).