



What is Mental Health First Aid?

First aid is the help given to an injured person before medical treatment can be obtained. Similarly, mental health first aid is the initial help given to someone experiencing mental health problem before professional help is sought.

What does the Mental Health First Aid Training course involve?

This 12-hour mental health literacy course has been developed for members of the public. This course addresses the following crisis situations:

- Person having suicidal thoughts
- Person having a panic attack
- Person who has recently experienced a traumatic event
- Psychotic person threatening violence
- Person who has overdosed

The course also provides tips on how to help people with mental health problems before a crisis develops. The 4 teaching modules (3 hours each) cover the following areas:

- Psychosis
- Mood disorders
- Anxiety disorders
- Addiction problems and other mental health related issues

Is Mental Health First Aid Training effective?

This training course has been evaluated in Australia and showed a number of benefits:

- Better recognition of mental health problems
- Better understanding of available treatment options in mental disorders
- Reduced stigma
- Increased confidence in providing help to others
- Greater amount of help provided to others in the 6 months following the course

Where can I get more information?

Mental Health First Aid, Department of Psychological Medicine,
Changi General Hospital

Visit the website at www.traumarecovery.com.sg/mhfa.html for more information on the list of instructors and upcoming course availability. The website is still undergoing development, so do visit it often for any latest updates. For those who are interested in the course, there is a form to fill up and you will be informed once there is a course available.