

MHFA Combined Course — Learner Workbook

Psychological First Aid • Crisis Response • Suicide Safety • Cultural Safety

Aligned to PUARCV001, CHCMHS001, CHCCCS019, CHCCCS003

Workbook Structure

Each chapter includes:

- Key points
- Reflection questions
- Short activities
- Scenario tasks
- Knowledge checks
- Space for notes

This workbook is designed to be printed or used digitally.

CHAPTER 1 — Introduction to the Course

1.1 Why You Are Here

What do you hope to gain from this course? **Your answer:**

1.2 Your Experience With Mental Health

Have you supported someone before? **Your answer:**

CHAPTER 2 — Understanding Mental Health

Activity 2.1 — Mental Health Continuum

Place these experiences on the continuum (Healthy → Reacting → Struggling → Crisis):

- Trouble sleeping
- Feeling hopeless
- Mild stress
- Panic attack

- Feeling motivated
- Withdrawing from friends

Your notes:

Reflection 2.2 — Stigma

What stigma have you seen in your community?

CHAPTER 3 — Psychological First Aid (PFA)

Activity 3.1 — LOOK–LISTEN–LINK

Write one example for each:

LOOK:

LISTEN:

LINK:

Reflection 3.2 — Your Communication Style

What strengths do you bring to PFA?

CHAPTER 4 — Recognising Mental Health Problems

Activity 4.1 — Early Warning Signs

List 3 signs in each category:

Emotional:

- 1.
- 2.
- 3.

Behavioural:

- 1.
- 2.
- 3.

Cognitive:

- 1.
- 2.
- 3.

Physical:

- 1.
- 2.
- 3.

Reflection 4.2 — Approaching Someone

What words would you use to start a conversation?

CHAPTER 5 — Crisis Recognition & Response

Activity 5.1 — Crisis Indicators

Tick the signs of a crisis:

- ☐ Disorientation
- ☐ Calm conversation
- ☐ Panic
- ☐ Giving away belongings
- ☐ Laughing with friends
- ☐ Aggression

Activity 5.2 — De-escalation Practice

Write 3 calming phrases you could use:

- 1.
- 2.
- 3.

CHAPTER 6 — Suicide Safety & Intervention

Activity 6.1 — Asking About Suicide

Write a safe, direct question:

Activity 6.2 — Safety Steps

List 3 actions you must take if someone is unsafe:

- 1.
- 2.
- 3.

Reflection 6.3 — Your Feelings

How do you feel about asking someone about suicide?

CHAPTER 7 — Supporting Recovery

Activity 7.1 — Strengths-Based Support

List 3 strengths a person might have during recovery:

- 1.
- 2.
- 3.

Reflection 7.2 — Empowerment

How can you support someone's autonomy?

CHAPTER 8 — Cultural Safety & Diversity

Activity 8.1 — Cultural Awareness

Write one cultural assumption you want to avoid:

Activity 8.2 — Culturally Safe Questions

Write two respectful questions you can ask:

- 1.
- 2.

CHAPTER 9 — Legal & Ethical Responsibilities

Activity 9.1 — Duty of Care

Describe a situation where duty of care overrides confidentiality:

Activity 9.2 — Scope of Practice

List 3 things you **must not** do:

- 1.
- 2.
- 3.

CHAPTER 10 — Self-Care for Helpers

Activity 10.1 — Stress Signs

What signs tell you that you are becoming overwhelmed?

Activity 10.2 — Personal Self-Care Plan

Write 3 things you will do after this course to protect your wellbeing:

- 1.
- 2.
- 3.

CHAPTER 11 — Practice Scenarios

Scenario Worksheet Template

For each scenario:

- 1. What did you observe?**
- 2. What would you say?**
- 3. What safety steps are needed?**
- 4. Who would you contact?**

CHAPTER 12 — Knowledge Checks

Quick Quiz

1. What does PFA stand for?

2. Name one warning sign of suicide.
3. What is your first priority in a crisis?
4. What is cultural safety?
5. Why are boundaries important?

CHAPTER 13 — Assessment Preparation

Assessment Prep Notes

Use this space to prepare for your practical assessments:

CHAPTER 14 — Completion & Next Steps

Reflection 14.1 — Your Growth

What is the most important thing you learned?

Reflection 14.2 — Your Next Step

How will you use these skills in your community or workplace?