

MHFA COMBINED COURSE TRAINER GUIDE

Aligned to PUARCV001 and CHCMHS001

1. Trainer Overview

Course Purpose

To equip learners with the skills to:

- Recognise mental health problems
- Provide Psychological First Aid
- Respond to crises safely
- Support individuals at risk of suicide
- Apply cultural safety
- Maintain legal and ethical responsibilities

Trainer Responsibilities

- Facilitate learning using trauma informed practice
- Create a safe, respectful environment
- Manage sensitive discussions
- Monitor learner wellbeing
- Conduct assessments (if accredited pathway chosen)
- Provide debriefing and support

2. Session Structure (Full Course)

Session	Duration	Content Focus	Method
1	45 min	Welcome, introductions, course overview	Presentation, discussion
2	60 min	Understanding mental health	Presentation, group activity
3	75 min	Psychological First Aid (PFA)	Demonstration, role play
4	60 min	Recognising mental health	