Course/program name:
Mental Health First Aid – Standard/adult

<table>
<thead>
<tr>
<th>Details of course (length, content, focus, etc.)</th>
<th>Course timeframe</th>
<th>Delivered to (target audience/region)</th>
<th>Evidence-base</th>
<th>Cost</th>
<th>Contact person</th>
</tr>
</thead>
</table>
| How to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis. The course curriculum is evidence-based, as informed by the MHFA Guidelines. The course covers: • depression • anxiety problems • psychosis • substance use problems • suicidal thoughts and behaviours • non-suicidal self-injury (sometimes called deliberate self-harm) • panic attacks • traumatic events • severe effects of drug or alcohol use • severe psychotic states • aggressive behaviours. | 12 hours | Adults (18 and over) in government and non-government services | Has been widely evaluated in research trials conducted by MHFA Australia and independent organisations. These evaluations consistently show that participants have improved knowledge of mental illnesses and their treatments, knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness, benefits which are maintained over time. | Govt: Free Non-govt: $50 | Garry Batt
garry.batt@health.qld.gov.au |
| | | | | | Cynthy Reese
(07) 4940 7414
c.reese@cqu.edu.au |
| | | | | | Charles Linsley
0400 051211
pioneercoaching@dodo.com.au |
| | | | | | Susan Teder
0409 598 188
wellminds162@gmail.com
(accredited in MHFA in workplace-works privately) |
| | | | | | Danny Hember
0401 414 201
danny.hember@health.qld.gov.au |

Current as at January 2019.
Suicide prevention training options
WHITSUNDAY, ISAAC, AND MACKAY

Course/program name:
**Mental Health First Aid – Indigenous**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Evidence-based course, as informed by the AMHFA Guidelines.</td>
<td>14 hour course, typically conducted in 6 modules over 2 days; however the delivery format is flexible.</td>
<td>Aboriginal and Torres Strait Islander adult who is developing a mental health problem or in a mental health crisis.</td>
<td>Mental health first aid strategies are taught in evidence-based training programs authored by Mental Health First Aid (MHFA) Australia and conducted by accredited MHFA Instructors across Australia.</td>
<td>An instructor can inform you of their individual fees</td>
<td>Accredited MHFA Instructors across Australia</td>
</tr>
</tbody>
</table>

This course teaches how to assist an Aboriginal or Torres Strait Islander adult who is developing a mental health problem or in a mental health crisis.

It includes:
- Aboriginal and Torres Strait Islander social and emotional wellbeing
- mental health problems in communities
- mental health first aid strategies for working with Aboriginal and Torres Strait Islander communities.
### Course/program name:

**Mental Health First Aid – Youth**

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</table>
| How to assist adolescents who are developing a mental health problem or in a mental health crisis. | This is a 14 hour course, which can be delivered as either:  
  - 2-day training package (7 hours per day)  
  - 4 separate modules (3.5 hours each) | The Youth Mental Health First Aid Course is for adults working or living with adolescents (those aged between 12 and 18 years), however, the course can be relevant for those helping people who are a little younger or older. This course is particularly suitable for parents, teachers, sports coaches, and youth workers. | Evidence-based course, as informed by the AMHFA Guidelines. Has been widely evaluated in research trials conducted by MHFA Australia and independent organisations. These evaluations consistently show that participants have improved knowledge of mental illnesses and their treatments, knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness, benefits which are maintained over time. | *Fees differ among independent instructors* | **Beau Zelenka**  
beau.zelenka@health.qld.gov.au  
**Allanah Heywood**  
(07) 4931 3600 |

Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Informed by the [MHFA Guidelines](https://www.mhfa.com.au/).  

The course covers:  
- depression  
- anxiety problems  
- psychosis  
- substance use problems  
- suicidal thoughts and behaviours  
- non-suicidal self-injury (sometimes called deliberate self-harm)  
- panic attacks  
- traumatic events  
- severe effects of drug or alcohol use  
- severe psychotic states  
- aggressive behaviours.
Suicide prevention training options

WHITSUNDAY, ISAAC, AND MACKAY

Course/program name:
CORES (Community Response to Eliminating Suicide)

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<tr>
<td>Not-for-profit, community-based program which educates members of a local community on how to intervene when they encounter a person they believe may be suicidal.</td>
<td>One day course provides participants with an introduction to the topic of suicide including community attitudes and facts (non-clinical). Suicidal thoughts and behaviours are explored through the use of simple models, discussion and setting the scene. Strategies for understanding and assisting a person considering suicide are practised, with a focus on utilising existing community resources.</td>
<td>The training is available for anyone 15 years and over. 15-17 year old participants need to fill out a permission form signed by their parents or guardians.</td>
<td>$90 per person for community-based training and $120 per person for corporate training. In the Whitsundays, the group fundraises so they can offer it for free to people who normally would not have the opportunity to attend. Fundraising is through crowdfunding conducted by The Funding Network Australia.</td>
<td></td>
<td>Ross Romeo 0427 455 313 <a href="mailto:coresqld@kentishrc.com.au">coresqld@kentishrc.com.au</a></td>
</tr>
</tbody>
</table>
### Suicide prevention training options

**WHITSUNDAY, ISAAC, AND MACKAY**

Current as at January 2019.

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| **SafeTalk**         | Alertness workshop that prepares anyone, regardless of experience or training, to become a suicide-alert helper. Content includes:  
• notice and respond to situations where thoughts of suicide may be present  
• provide practical help by using the TALK steps (Tell, Ask, Listen, and Keep safe)  
• act quickly to connect the person with someone trained in suicide intervention contribute to building a safer community. | 3.5 hours | SafeTALK training is for anyone who wants to help prevent suicide, become suicide alert, and contribute to a safer community. Minimum age for Safetalk Training is 15 years with a preference to be accompanied by a parent or carer. | | FREE | Deb Knight  
Grapevine  
chairperson@grapevinegroup.org.au  
LIVING WORKS: International company that run courses in:  
• ASIST  
• Suicide TALK  
• SafeTALK  
• eSuicide TALK |
## Applied Suicide Intervention Skills Training (ASIST)

<table>
<thead>
<tr>
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| In ASIST, people learn to apply a suicide intervention model. It helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help. | Two-day interactive session, with a minimum of two active ASIST trainers present. | Virtually anyone age 16 or older, regardless of prior experience or training. | Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world’s leading suicide intervention workshop. LivingWorks Education encourages the rigorous scientific evaluation of our programs. Results have consistently shown that LivingWorks programs increase participants’ knowledge, skills, and confidence, while a major study recently demonstrated that they also contribute to improved outcomes for those at risk of suicide. | Govt: Free Non-govt: $50 | LivingWorks trainers  
Sandra Willie  
0433 121 999  
sandra@suicideprograms.org.au |

Current as at January 2019.
**Course/program name:**

**STORM**

<table>
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<tr>
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<tr>
<td>STORM is a skills-based training program and train the trainer model of risk management for suicide prevention. It aims to develop the skills of front line workers in health, social and community services, education and criminal justice services to assess and manage a person at risk of suicide. Specifically it aims to develop complex communication skills through the use of role play, video feedback, attitude change, self-reflection and feedback on practice.</td>
<td>The STORM program comprises 4 1/2 day modules on Assessment of Risk, Safety Planning, Problem Solving, and Future Safety Planning. The Self-injury Mitigation program comprises 2 1/2 day modules on Assessment of Risk and Safety Planning. There are 2 packages; a generic package for front line staff and a package for frontline staff working in children and youth services. STORM is a modular program that provides flexibility so it can be modified to suit agency needs. This enables the program to be used with those who with limited knowledge and experience, as well as those with extensive knowledge and experience in risk assessment and management of suicide.</td>
<td>Front line staff and volunteers working in health, social and community services, education and criminal justice services and staff with responsibility for the mental health and wellbeing of staff.</td>
<td>STORM was originally developed as an evidence based program on risk assessment and suicide management and has been the subject of considerable internal and external (independent) research and evaluation. There is an extensive body of published material on the program’s evidence base and the ways the program is informed by contemporary evidence. The evidence base for the STORM program can be found on the website.</td>
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### Course/program name:

**Mates in Construction (MIC)**

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<tr>
<td>There are 3 parts to MIC suicide prevention and awareness program:</td>
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<tr>
<td><strong>General Awareness Training (GAT)</strong></td>
<td>General Awareness Training (GAT): 1 hour course</td>
<td>Predominately focuses on men in blue collar occupations. They have been successful in reaching workers on larger sites but hope to focus more on rural, remote and small business where workers are in small, isolated groups making them higher risk.</td>
<td>Mates in Construction is an evidenced-based organisation. The program was developed from a solid evidence-base provided by the Australian Institute of Suicide Research and Prevention, <em>The AISRAP Report</em>.</td>
<td>Cost is covered through funding for people who work within the industry otherwise there is a fee for service.</td>
<td><strong>Emma Sanders</strong> 0447 555 968 <a href="mailto:esanders@micqld.org.au">esanders@micqld.org.au</a></td>
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<tr>
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<td>Connector Training: 4 hours</td>
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<td>ASSIST Training: 2 days</td>
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<tr>
<td><strong>Connector Training</strong></td>
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<tr>
<td>MIC provides training to a number of workers on site as Connectors. A Connector is “a mate who can keep you safe while connecting you to help.” The Connector training has SafeTALK embedded into it. SafeTALK is an internationally recognised suicide prevention program.</td>
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<tr>
<td><strong>ASSIST Training: Suicide First Aid</strong></td>
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<tr>
<td>An ASSIST worker can be compared to a first-aid officer on site. Participants undergo a two-day Applied Suicide Intervention Skills Training (ASSIST) workshop. Using simple skills an ASSIST worker will listen to a worker’s concerns and respond to them appropriately with the object of reaching a “contract” or “safe plan” for the suicidal worker involving extra help and safety</td>
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Current as at January 2019.
Suicide prevention training options

WHITSUNDAY, ISAAC, AND MACKAY

Current as at January 2019.

Suicide prevention training options

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<tr>
<td>Prevalence of mental health and suicide in Australia, and: • impact of life events and social determinants • skills and knowledge to identify signs and debunk social myths • tailored mental health conversation planning tools • communication strategies underpinning effective conversations • suitable referral services, supports, and resources.</td>
<td>1–2 days</td>
<td>Predominately focuses on men in blue collar occupations. They have been successful in reaching workers on larger sites but hope to focus more on rural, remote and small business where workers are in small, isolated groups making them higher risk. MIC started in Queensland and is now nationwide. They have currently piloted programs for Mates in Mining (MIM) and Mates in Energy (MIE).</td>
<td>Non-Indigenous program</td>
<td></td>
<td>ConNetica Marion Wands (07) 5491 5446 0414 726 826 <a href="mailto:mwands@connectica.com.au">mwands@connectica.com.au</a></td>
</tr>
</tbody>
</table>

Course/program name:

Conversations for Life – Early Suicide Prevention

Course/program name:

Stronger Smarter Yarns for Life – Early Suicide Prevention

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<td>A strength based approach to social support and suicide intervention. • unique factors contributing to thoughts of suicide for Indigenous people • prevalence of mental illness • skills and knowledge to identify signs and debunk social myths • tailored Indigenous mental health yarn planning tools • suitable referral, support options, and resources.</td>
<td>1 day</td>
<td>A program developed for Aboriginal and Torres Strait Islander peoples, but non-Indigenous people can also attend. Programs are based on credible national and international research and best practice.</td>
<td></td>
<td>$295 per person</td>
<td>ConNetica Marion Wands (07) 5491 5446 0414 726 826 <a href="mailto:mwands@connectica.com.au">mwands@connectica.com.au</a></td>
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### Suicide prevention training options

#### WHITSUNDAY, ISAAC, AND MACKAY

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<tr>
<td><strong>Myndgear</strong></td>
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</table>
| • an awareness and understanding of depression, anxiety, and suicide and the brain functions that are occurring  
  • strategies to reduce the stigma of mental health and derogatory language used regarding mental health  
  • strategies to improve one's mental health and wellbeing. | A 2-hour induction to mental health and wellbeing course. | | Programs are based on credible national and international research and best practice. | | ConNetica  
Marion Wands  
(07) 5491 5446  
0414 726 826  
mwands@connectica.com.au |

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<td><strong>Mindstrength</strong></td>
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</table>
| Online course  
• short interactive models.  
AIMS  
• increasing understanding of resilience and developing useful resilience-building strategies  
• mindfulness meditation  
• taming your emotions  
• identifying and using your strengths  
• problem solving. | At teacher's discretion  
Suitable for young people (14–16 years)  
Parents and carers | Evidence-based mental health school program | Free | Black Dog Institute Program  
### Headstrong 2.0

**Details of course (length, content, focus, etc.)**
- a curriculum resource
- free to download
- includes five modules split into ready-to-use classroom activities with teacher development notes
- links directly to curriculum learning outcomes.

**Course timeframe**
At teacher’s discretion.

**Delivered to (target audience/region)**
Linked to health and physical education curriculum for Years 9–10.

**Evidence-base**
Comprehensive research trial and evidence shows that Headstrong increases mental health literacy which is vital in breaking down barriers to achieving good mental health.

**Cost**
Free

**Contact person**
Black Dog Institute Program  

**Topics:**
- depression
- bipolar disorder
- seeking help
- helping others
- building wellbeing and resilience
- problem solving.

---

### Insights

**Details of course (length, content, focus, etc.)**
- Presentation delivered by a trained youth presenter with lived experience of mental health.

**Course timeframe**
30 minute presentation

**Delivered to (target audience/region)**
Suitable for high school aged students

**Evidence-base**
FREE  
Fees do apply to cover travel and resource cost  
Donations appreciated

**Contact person**
Black Dog Institute Program  
Online booking system with minimum 4 weeks notice

**Aim:**
- to increase mental health literacy
- reduce stigma
- promote help seeking
- helping others
- building wellbeing and resilience
- problem solving.
### Mental Fitness

**Details of course (length, content, focus, etc.)**
- learn the importance of mental fitness
- shown practical ways to build mental strength, flexibility and endurance
- take part in activities that can help to improve overall wellbeing and resilience.

**Course timeframe:** 30 minute interactive presentation

**Delivered to (target audience/region):** Suitable for high school aged students
- Currently only available in NSW
- Webinars are available for all Australian locations and run on AEST

**Evidence-base:** Studies indicate that depression and anxiety (amongst others) are preventable for approximately 20% of youth using Cognitive Behaviour Therapy (CBT) based prevention programs. Finally, and importantly, mental health prevention programs have been shown to be cost-effective.

**Cost:** Presentations delivered free of charge
- Fees apply to cover travel and resource
- Donations welcome

**Contact person:** Black Dog Institute Program
- Online booking system with minimum 4 weeks notice

---

### Navigating Teen Depression

**Course/program name:** Navigating Teen Depression

**Details of course (length, content, focus, etc.)**
Delivered by a trained presenter with a lived experience of mental illness during adolescence (either as a consumer or carer).

Aimed at educating adults in a young person’s life to:
- help increase mental health literacy
- reduce stigma
- promote help seeking
- what to look out for
- where to go for support.

**Course timeframe:** 1 hour program

**Delivered to (target audience/region):** Parents, carers, and teachers of high school aged students.

**Evidence-base:**

**Cost:**
- Presentations delivered free of charge
- Fees apply to cover travel and resource
- Donations welcome

**Contact person:** Black Dog Institute Program
- Online booking system with minimum 4 weeks notice