
Aboriginal and Torres Strait Islander Mental Health First Aid

PROGRAM OVERVIEW:

The Aboriginal and Torres Strait Islander Mental Health First Aid course teaches participants how to provide initial support to an Aboriginal and/or Torres Strait Islander adult who may be experiencing a mental health problem or mental health crisis, until professional support is received or the crisis resolves.

WHAT YOU'LL LEARN:

The course has been developed to support information about mental health first aid and self-care in Aboriginal and Torres Strait Islander communities and covers common and disabling mental health problems and crisis situations. Participants learn how to apply mental health first aid to adults across a range of situations, including:

- Depression
- Anxiety
- Alcohol and other drugs
- Substance use problems
- Suicidal Thoughts and Behaviours
- Non-Suicidal Self-injury
- Psychosis
- Crisis first aid

The course also looks at mental health problems in community, social and emotional well-being, self-care and cultural considerations and safety.

It considers local perspectives and experiences and utilises lived experience stories and Aboriginal and Torres Strait Islander photography, film, and art works. This representation matters and leads to better outcomes for those participating in training and the people they go on to support.



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KEY LEARNING OUTCOMES:

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems impacting Aboriginal and Torres Strait Islander adults
- Understand the prevalence and impact of mental illnesses and risk factors, with specific information about Aboriginal and Torres Strait Islander people
- Gain an understanding of cultural considerations, from an Aboriginal and Torres Strait Islander perspective
- Gain an understanding of the treatments and supports available
- Gain an understanding of the local and cultural supports and resources available to someone experiencing mental health problems
- Know the barriers to support-seeking and how to overcome these
- Use an evidence-based action plan to initiate a mental health first aid conversation with Aboriginal and Torres Strait Islander adults, in a culturally safe and informed way
- Assess for a range of crisis situations and provide initial support
- Apply self-care practices as a Mental Health First Aider.

WHO SHOULD ATTEND:

This course is suitable for Aboriginal and Torres Strait Islander and non-Indigenous individuals, workplaces of all sizes, and volunteer and community groups.

PROGRAM DURATION & FORMAT:

- Face to Face- 2 X 7 Hour Sessions over 2 days
- Blended- E-Learning followed by 5 Hour virtual session

about your **Facilitator**



Baydon Widdicombe

Aboriginal Mental Health First Aid and Cultural Awareness Trainer

Baydon specialises in delivering Aboriginal Mental Health First Aid and Aboriginal Cultural Awareness Training. His approach to training is to upskill and equip participants through engaging activities but including the opportunity to ask questions and reflect on specific workplace scenarios. He has delivered Training to Non-for-Profits as well as Corporate Businesses both face-to-face and online delivery methods.

Baydon has worked in the Mental Health First Aid space for the last few years and regularly travels to regional and remote Aboriginal Communities all over Australia. He has a passion to educate others and to minimise the impact of Mental Health and Suicide for all communities. Baydon likes to include relevant data and statistics to help his audience understand the difference between Indigenous and Non-Indigenous Australians in regards to life expectancy and closing the gap outcomes.

Baydons Aboriginal Heritage comes from the Dharug People of the Hawkesbury River in New South Wales. He draws strength from Cultural knowledge holders and understanding the role of holistic Social and Emotional Wellbeing within the community. Baydon holds a Bachelor of Business Management and a Certificate IV in Training and Assessment.