



Mental Health First-Aid(MHFA)



What is MHFA

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

Mental Health First Aid is a licensed Evidence-Based Programme from MHFA International, Australia. It is aimed at providing the knowledge to help a person with mental health problem or crisis until appropriate professional help is received or the crisis resolves.

MMHA holds the country license for the Standard Mental Health First Aid Programme which has been adapted for the Malaysian setting.

Learning Objectives

1. Understanding various common mental health problems, in particular
 - Depression
 - Anxiety
 - Psychosis
 - Suicide and non-suicidal self-injury
2. Providing first aid to people experiencing these problems, specifically on:
 - How to approach and communicate with affected person in an appropriate way
 - Encouraging affected person to seek appropriate professional help
 - Knowing where and how to seek professional help

Course Format

This course can be delivered as a 2-day course or tailored to your preference.
Course can be held on-site or virtually

Who should Attend

It is most useful for those whose job deals with managing people in the workplace or community students in higher education institutions.

Why attend a MHFA Course?

MHFA provides knowledge for early intervention to prevent a mental health problem from becoming more serious; facilitates early recovery for the affected person.

Participants also become a certified Mental Health First Aider by completing the course with full attendance and an accreditation assessment. Participants gets a Standard MHFA Manual and 4 CPD hours(Approved by the Malaysian Board of Counsellors)

Fees

All fees are HRDF rates.

About Elite Indigo

Elite Indigo Consulting provides corporate training to the semiconductor and manufacturing industries. With a humble beginning of one founding member with passion and desire to share his 20 years of experiences in Smart Manufacturing for global manufacturing facilities, now, we have a strong and competent team of 20 members, all aligned with company mission, vision and core values.

Our Mission

"Transform Data into Insights - Leap Forward"

Our Vision

Be a Global Trusted Advisor in the Areas of Skills Development, Consultancy & Software Solutions specialising in Semiconductor & Manufacturing industries.

Our Core Values

TRUST

"A culture of self, team and clients trust"

PASSION

"Do what we love and love what we do"

EXCELLENCE

"If it's worth doing, it's worth doing it well"

