



F.A.S.T. TRAINING

A U S T R A L I A

11244 NAT Course in Mental Health Support (for First Responders)

Strengthen Your Workforce with Mental Health Training

This is a nationally recognised course designed to build resilience and provide practical strategies for managing mental health impacts during crisis response. While focused on first responders, it's valuable for anyone wanting to understand mental health challenges and offer effective support.

This short course delivers essential skills through a streamlined, time-efficient format, covering stress management, crisis intervention, and proactive mental health care.

Participants gain tools to address mental health issues, improve coping strategies, and enhance both personal well-being and professional performance.

The practical element of the training will focus on scenario's that are relevant to your workplace. The training style is relaxed and engaging to encourage participation.

Testimonials highlight reduced stress levels, better trauma management, and increased awareness of mental health resources, making this course a powerful resource for fostering resilience and effectiveness.

Delivery Mode

- Face to Face - 4-6 hours
- Online with Face to Face - 2 hours each

Benefits of doing this course

- Concise short course
- Practical solutions
- Minimal staff downtime
- Nationally recognised
- Ideal for workplace

Who is this course for?



CPR / First Aid Course participants



Community Services Industry



Workplace First Aiders



First Responders



Teachers and Educators

Find out more

www.fasttrainingaustralia.com.au
07 3067 9070

Our mission is to offer stress-free planning for organisers and fun and engaging training for our students.