

MENTAL HEALTH FIRST AID

5-STEP GUIDE

1

GREET & ASSESS

- Approach with warmth.
- Assess for immediate safety risks.
- If unsafe, prioritise safety and seek professional help.



2

UNDERSTAND AND LISTEN

- Offer a safe space to share.
- Listen without judgement.
- Use open-ended questions to encourage openness.

3

INFORM AND BREATHE

- Share information about mental health resources.
- Guide them through simple breathing exercises.

4

DIRECT AND CONNECT

Help them access support:

- Connect with a support line, mental health professional or online resources.

Beyond Blue

Call 1300 22 4636

Chat online beyondblue.org.au

Lifeline

Call 13 11 14

Chat online at lifeline.org.au



5

ENCOURAGE AND DEBRIEF

- Praise their courage.
- Discuss current feelings and coping strategies.
- Encourage self-care and plan for ongoing support.



Remedy Training Guide

United States. Department of Energy

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text 'United States. Department of Energy'.

Remedy Training Guide:

Reviewing **Remedy Training Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Remedy Training Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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