

# **MENTAL HEALTH FIRST AID ONLINE with PsychAssist**

## **Do I have to undertake the eLearning component myself online first?**

Yes – the online eLearning component takes approximately 5-7 hours and **must** be completed prior to starting one of the two Instructor led sessions.

## **Do I have to complete the 5-7-hour eLearning component in one sitting?**

No, you can take your time to complete this and we recommend breaking it up into stages so that you can process and retain the information more easily.

## **Is the eLearning component content the same or similar to the existing face to face standard MHFA Course?**

Yes, the content is the same and hasn't changed, it is just delivered differently via an online portal.

## **How many instructor led sessions are there? How are they delivered and how long do they take?**

Once the initial eLearning component is completed, you will need to undertake two separate instructor led sessions which each take 2.5 hours each. We deliver the instructor led sessions via online Zoom technology. (or other virtual platforms if needed)

## **I have never used Zoom before, do I need to install anything or have a special device?**

No, we send you a link which is accessible on a desktop, laptop, tablet or mobile device that does not require a download or installation of software.

We do recommend using a laptop or tablet so you can see other participants, and MHFA require you to turn on your camera therefore you must join a session on a device where we can see your face.

## **Are the instructor led sessions interactive and can I ask questions throughout?**

Yes, the Instructor led sessions involves a mixture of learning, online discussions, white-board sessions, breakout room conversations and the ability to ask questions of the trainer and each other.

**Is there a really big group of people on the Zoom Sessions?**

We can run a session with max of 12 participants on each course.

• **What are the benefits to undertaking a Mental Health First Aid course online?**

There are many, including:

- The course can now be done in a flexible way that is better suited to your individual needs.
- The new course fee is set at a fixed rate for every course, no matter where you take it throughout Australia.
- You may join a session with participants from all over Australia.

**Is the final accreditation the same as the existing 12 hour face to face standard MHFA course?**

Yes, the final accreditation and existing content has not changed, only the delivery method.

**Will I receive an official Mental Health First Aid Manual and how is this arranged?**

Yes, your very own official MHFA Manual will be mailed to an address of your choice and our team at PsychAssist will arrange everything for you.

**If you have any other questions, please email** us at: [contact@psychassist.com.au](mailto:contact@psychassist.com.au) to learn more – OR explore our website - [www.psychassist.com.au](http://www.psychassist.com.au)