



BLENDING MENTAL HEALTH FIRST AID IN THE COMMUNITY

The purpose of this document is to provide you with information on completing the Blended Mental Health First Aid (MHFA) Workplace course. This course is undertaken in two components, hosted by separate providers.

Course Component 1

- Self-paced e-Learning
- Takes approximately 5-7 hours to complete
- Hosted by MHFA Australia



Course Component 2

- Instructor led session/s
- 2 x 2.5 hour video conferencing sessions or 1 x 4 hour face-to-face session
- Hosted by Premium Health



Post-Course Quiz: After successful completion of Component 2, MHFA will email you a short, online Accreditation Assessment. You must complete this to become an Accredited MHFAider.

Course Component 1

You will receive an e-Learning voucher code from your employer which can be used to enrol into Course Component 1. Once enrolled, you will need to complete the Pre-Quiz, Modules 1 - 5 and the Post-Quiz. You will receive an email certificate of completion directly from MHFA Australia upon successful completion of Course Component 1.

To enrol:

- Visit the MHFA website and create an account:
<https://mhfa.com.au/user/register>
- Login to your MHFA account and head to:
<https://mhfa.com.au/courses/elearning/60888>
- Click 'Apply' and follow the prompts. You will be prompted to enter your voucher code and will then be taken straight to the beginning of Course Component 1 which is the 'Pre Quiz'.





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Course Component 2

You will also receive a self-enrolment link from your employer to enrol into Course Component 2 of the training. This will redirect you to Premium Health's student portal where you will be able to access training resources and course information for your video conferencing or face-to-face session/s with our trainer.

If you do not enrol in Course Component 2, our licensed MHFA trainer will be unable to access your Component 1 completion results and will not admit you into the session.

Email Address

You **must register** for both Course Components (MHFA and Premium Health) **using the same email address**. If you do not, our accredited trainer will be unable to find you in the MHFA system, and will not admit you into Component 2's session.

Accreditation Assessment

Following successful completion of Course Component 2, you will receive an email from Mental Health First Aid Australia requesting you complete a short, online Accreditation Assessment. You must complete this to become an accredited MHFAider. This email will also provide you with access to your digital certificate. Please reach out to MHFA directly if you have not received this email within 1 week of completing Course Component 2.

MHFA Australia Manual

You will obtain access to a digital manual through MHFA Australia when you register for Course Component 1. To access, login to your MHFA account and click on the link in your dashboard under 'My MHFA Manuals'.