

## Mental Health First Aid Online Registering for your E-Learning

### Step 1

Click the link in the email, which takes you to this page:

**'Register for E-Learning'**

Go to <https://mhfa.com.au/courses/elearning/26733>

The screenshot shows the MHFA website interface. At the top is a green navigation bar with the MHFA logo and text: "MFA Training • Why MHFA? • Become an instructor • Community • Workplace • About us • FAQ • Shop". On the right side of the bar are links: "How to help | Register | Login". Below the navigation bar is the page title: "eLearning Component of the Blended Online MHFA Community Course".

**Course Description**

The Blended Online MHFA Community Course has been adapted from the Standard Mental Health First Aid Course for adults. In this informative and practical course, you will learn about the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide mental health first aid in a crisis situation using a practical, evidence-based action plan. Mental health first aid skills learnt by participants in this course can be applied in any setting. Course content includes case-studies, videos and resources tailored to the learning needs of community/public course participants. Developed in response to COVID-19, the new Blended Online MHFA Community Course includes two course components.

**Course Component 1** - Self-paced interactive eLearning (5-7 hours)  
The eLearning course component presents an overview of mental health problems and mental health crises. Developing mental health problems covered include:

- Depression
- Anxiety problems
- Dementia

Courses can be found on our [Course Calendar Page](#) by searching 'Blended Online Community Course'.  
Find available dates for Course Component 2 [here](#).  
\*Please note if an accredited instructor selected is not registered for GST, the Component 2 Course Fee payable will be \$150.00.

**Eligibility Criteria**

This course is adapted from the current Australian Standard Face-to-Face Mental Health First Aid Course for adults. Course specific content, health system information and resources related to the provision of Mental Health First Aid within Australia. Course participants are required to be Australian residents and over the age of 18.

You must login or register to enrol in this course.  
[Login](#) | [Register](#)

## Step 2

Complete your details on this screen.

**Important Note:** Please use the email address you gave us when you purchased your course. If you don't, we aren't able to track your e-learning progress, which causes problems down the track. Remember, you need to complete your e-earning before the first webinar.

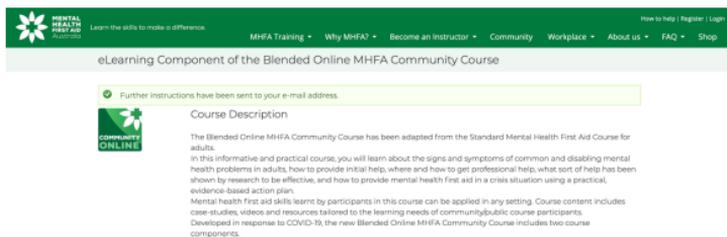
The screenshot shows the 'Register' page of the Mental Health First Aid Australia website. The page has a green header with the logo and navigation links. The main content area is white with a green border. The form is titled 'Register' and includes the following fields:

- E-mail address \***: A text input field containing 'nick@awetmess.com.au'. Below it, a note states 'Your email address is used as your login ID.'
- Personal Information**: A section with a green border containing:
  - First Name \***: A text input field with 'Nick' entered.
  - Last Name \***: A text input field with 'McEwan-Hall' entered.
  - Gender \***: A dropdown menu with 'Male' selected. Below it is a link: 'Unsure of the meaning of Genderbender?'
  - Do you identify as Aboriginal and/or Torres Strait Islander \***: A dropdown menu with 'No' selected.
- Fax**: A text input field.
- Work Address**: A section with a green border containing:
  - Country**: A dropdown menu with '- None -' selected.

At the bottom of the form, there is a red-bordered box containing the text: 'Please check your SPAM/JUNK/Clutter folders and if you do not receive an email within 20 minutes contact techsupport@mhfa.com.au'. Below this text is a green button labeled 'Create new account'.

Fill as much information as you like, then click "Create New Account"

The site confirms that details have been sent to your email address.

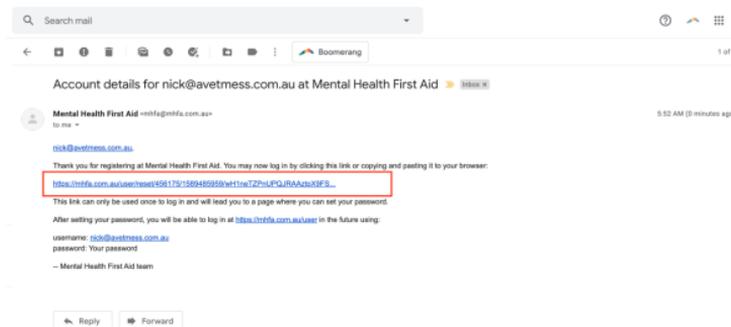


The screenshot shows the top navigation bar of the Mental Health First Aid website. Below the navigation bar, a green banner reads "eLearning Component of the Blended Online MHFA Community Course". A yellow notification box states: "Further instructions have been sent to your e-mail address." Below this is a "Course Description" section with a small icon of a person and a gear. The text describes the course as an adapted, informative, and practical one for adults, covering signs and symptoms, initial help, and evidence-based action plans. It also mentions that the course content is tailored to community/public participants and includes case studies, videos, and resources.

### Step 3

Check your email for a link.

Click the link to confirm your account.



The screenshot shows an email inbox on a mobile device. The selected email is from "Mental Health First Aid" to "nick@avetmess.com.au". The subject is "Account details for nick@avetmess.com.au at Mental Health First Aid". The email body contains the following text: "Thank you for registering at Mental Health First Aid. You may now log in by clicking this link or copying and pasting it to your browser." A red box highlights the login link: "https://mhfa.com.au/avetmess/656173/169485996vtme72PhLQURAAu39FS...". Below the link, it says: "This link can only be used once to log in and will lead you to a page where you can set your password." It then provides instructions: "After setting your password, you will be able to log in at https://mhfa.com.au/user in the future using: username: nick@avetmess.com.au password: Your password". The email is signed "Mental Health First Aid team". At the bottom, there are "Reply" and "Forward" buttons.

This confirms your account. Next you have to click on LOG IN and create a password.

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Reset password

✔ You have successfully validated your e-mail address.  
This is a one-time login for nick@vetmess.com.au and will expire on Sat, 16/05/2020 - 5:52am.

Click on this button to log in to the site and change your password.  
This login can be used only once.

[Log in](#)

#### Step 4

Choose your password on this screen. Then click save.

**Note:** Make sure the email address shown here is the same one you used earlier. If not, please update it.

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Nick McEwan-Hall

✔ Log in successful for Nick McEwan-Hall.  
• You have just used your one-time login link. It is no longer necessary to use this link to log in. Please change your password.

Personal Information Account

E-mail address \*  
nick@vetmess.com.au  
Your email address is used as your login ID.

Password Password strength: **Strong**  
Confirm password Passwords match: yes

To make your password stronger:  
• Add punctuation

To change the current user password, enter the new password in both fields.

[Save](#)



## Step 5

You are now logged in.

Next, apply for your e-learning you will need to click back on the link you used to register for eLearning. <https://mhfa.com.au/courses/elearning/60888> This will keep you logged in and will take you to the correct area to use your voucher code.

**MENTAL HEALTH FIRST AID** Learn the skills to make a difference. How to Help | Dashboard | Log Out

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### eLearning Component of the Blended Online MHFA Community Course

- You are logged in as Nick McEwan-Hall. Welcome to MHFA online.
- The changes have been saved.

#### Course Description

The Blended Online MHFA Community Course has been adapted from the Standard Mental Health First Aid Course for adults. In this informative and practical course, you will learn about the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide mental health first aid in a crisis situation using a practical, evidence-based action plan.

Mental health first aid skills learnt by participants in this course can be applied in any setting. Course content includes case studies, videos and resources tailored to the learning needs of community/public course participants. Developed in response to COVID-19, the new Blended Online MHFA Community Course includes two course components.

**Course Component 1** – Self-paced interactive eLearning (5-7 hours)  
The eLearning course component presents an overview of mental health problems and mental health crises.

Developing mental health problems covered include:

- Depression
- Anxiety problems
- Psychosis

**Blended Online**

Instructor details and available Course Component 2 dates/times for all upcoming Blended Online MHFA Community Courses can be found on our Course Calendar Page by searching 'Blended Online Community Course'.

Find available dates for Course Component 2 [here](#).

\*Please note if an accredited instructor selected is not registered for GST, the Component 2 Course Fee payable will be \$50.00.

#### Eligibility Criteria

This course is adapted from the current Australian Standard Face-to-Face Mental Health First Aid Course for adults. Course specific content, health system information and resources related to the provision of Mental Health First Aid within Australia.  
Course participants are required to be Australian residents and over the age of 18.

**Apply**

Click Yes to the question on this screen and press submit....

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How to help | Dashboard | Log out

eLearning Course Enrolment | Application

Application

eLearning Component of the Blended Online MHFA Community Course

**Eligibility Criteria:**  
This course is adapted from the current Australian Standard Face-to-Face Mental Health First Aid Course for adults. Course specific content, health system information and resources related to the provision of Mental Health First Aid within Australia.  
Course participants are required to be Australian residents and over the age of 18.

Do you live in Australia and have an Australian shipping address?\*

Yes  
 No

Submit

## Step 6

Enter your voucher code.

Enter the voucher code we sent you by email and click submit.

**Please note** that these voucher codes are single use only. Please do not share them, as this will block you out of the system and a new voucher will need to be purchased.

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How to help | Dashboard | Log out

eLearning Course Enrolment | Voucher

Your submission has been saved.

Application Voucher

If you have a prepaid voucher code, please enter it below and press submit. Otherwise please proceed to the payment step. Ensure that if you copy and paste the code there is no white space at the beginning or end as this can lead to the code being rejected.

Voucher

Voucher code

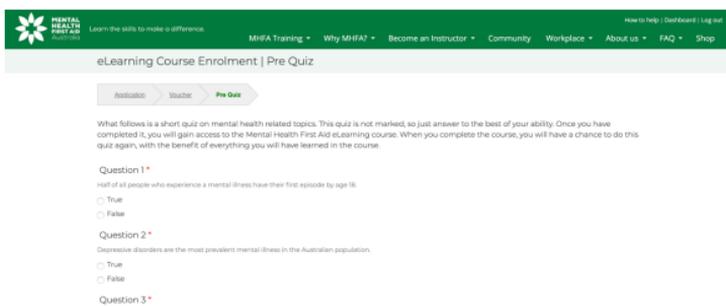
95497C4208

Submit

do not have a voucher code

## Step 7

Complete the pre quiz.  
This quiz is not marked, so just answer what you think.



The screenshot shows the 'eLearning Course Enrolment | Pre Quiz' page. At the top, there is a green navigation bar with the Mental Health First Aid Australia logo and menu items: 'MHiFA Training', 'Why MHiFA?', 'Become an Instructor', 'Community', 'Workplace', 'About Us', 'FAQ', and 'Shop'. Below the navigation bar, there are three tabs: 'Activities', 'You are here', and 'Pre Quiz'. The main content area contains a paragraph of introductory text and three questions, each with a 'True' or 'False' radio button option.

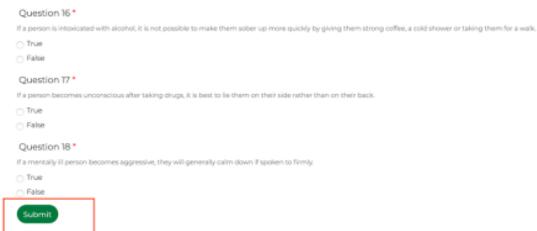
What follows is a short quiz on mental health related topics. This quiz is not marked, so just answer to the best of your ability. Once you have completed it, you will gain access to the Mental Health First Aid eLearning course. When you complete the course, you will have a chance to do this quiz again, with the benefit of everything you will have learned in the course.

**Question 1 \***  
Half of all people who experience a mental illness have their first episode by age 18.  
 True  
 False

**Question 2 \***  
Depressive disorders are the most prevalent mental illness in the Australian population.  
 True  
 False

**Question 3 \***

At the bottom of this screen, click submit...



The screenshot shows the bottom of the pre-quiz section. It contains three questions, each with a 'True' or 'False' radio button option. The 'Submit' button is highlighted with a red rectangle.

**Question 16 \***  
If a person is intoxicated with alcohol, it is not possible to make them sober up more quickly by giving them strong coffee, a cold shower or taking them for a walk.  
 True  
 False

**Question 17 \***  
If a person becomes unconscious after taking drugs, it is best to lie them on their side rather than on their back.  
 True  
 False

**Question 18 \***  
If a mentally ill person becomes aggressive, they will generally calm down if spoken to firmly.  
 True  
 False

**Submit**

## Step 8

Start your e-learning.

Before you click “Go to e-learning course”, take a moment on this screen and...

- 1) The MHF Manual is not downloadable and can only be accessed as a PDF online. A hardcopy of the Mental Health First Aid book will be posted out to you.
- 2) Download and read the Distress Protocols for Participants

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### eLearning Course Enrolment | Do Course

Your submission has been saved.

Assessments | Yourself | The Quiz | **Do Course**

You may begin the eLearning modules now and you can use the link below to open an online version (PDF) of the manual. Please note that this free to use online but not available to copy, share or download.

Access the online PDF manual here.

You may now access the eLearning course.

[Go to eLearning course](#)

Download MHFA Blended Online Course - Distress Protocol for Participants (1.06 MB)  
The Mental Health First Aid eLearning Component contains materials that might occasionally be upsetting for some participants. Please read through the linked document for some ways to work through feeling upset and remember you can stop and start as often as you need to.

Support

## Enjoy your elearning!

**Remember:** You must complete the e-learning in full before your first webinar. Allow yourself enough time to get through the content – we suggest allowing 4-6 hours.

If you have questions at any time please get in touch with us.