

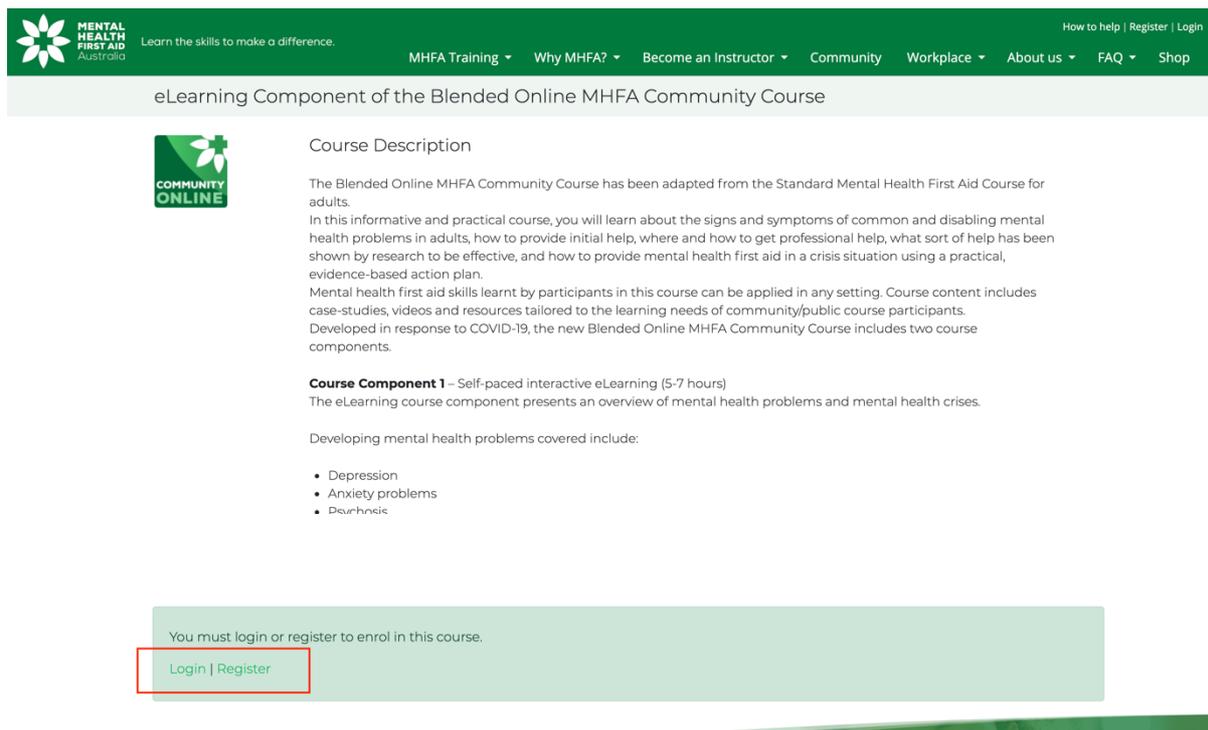
Registering for your eLearning

Step 1: Register for eLearning

Click on the following link <https://mhfa.com.au/courses/elearning/60888>

Scroll to the bottom of the page.

Click "Register". This will take you to a page to create an account on the MHFA website to access your eLearning.



MENTAL HEALTH FIRST AID Australia Learn the skills to make a difference. [MHFA Training](#) [Why MHFA?](#) [Become an Instructor](#) [Community](#) [Workplace](#) [About us](#) [FAQ](#) [Shop](#) [How to help](#) | [Register](#) | [Login](#)

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:

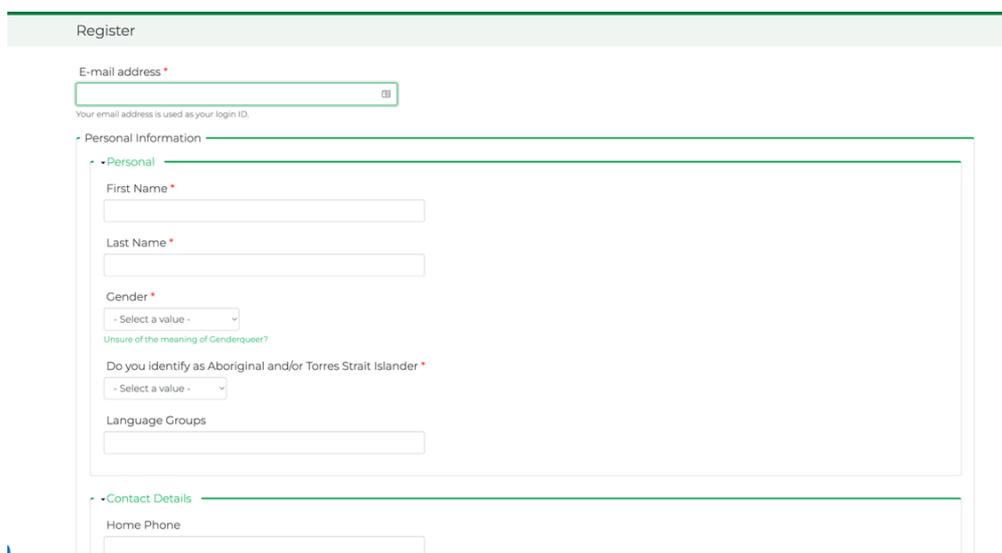
- Depression
- Anxiety problems
- Psychosis

You must login or register to enrol in this course.

[Login](#) | [Register](#)

Step 2: Create an account

Complete your details on this screen.



Register

E-mail address *

Your email address is used as your login ID.

Personal Information

First Name *

Last Name *

Gender *

- Select a value -

Unsure of the meaning of Genderqueer?

Do you identify as Aboriginal and/or Torres Strait Islander *

- Select a value -

Language Groups

Contact Details

Home Phone

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-learning before the first webinar.

Fax

Please format your phone details according to your location including country code.

- Work Address

Country

Please check your SPAM/JUNK/Clutter folders and if you do not receive an email within 20 minutes contact techsupport@mhfa.com.au

Create new account

Then click "Create New Account"

The page confirms that further instructions have been sent to your email address.

Step 3: Validate your email address

Check your inbox for an email from mhfa@mhfa.com.au that has the title 'Account details'

Click the link to log into your account.

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:

Link

<https://mhfa.com.au/user/reset/698538/1656399753/4NSr13YIucPL6HC8ePhqDhm>

This link can only be used once to log in and will lead you to a page where you can set your password.

After setting your password, you will be able to log in at <https://mhfa.com.au/user> in the future using:

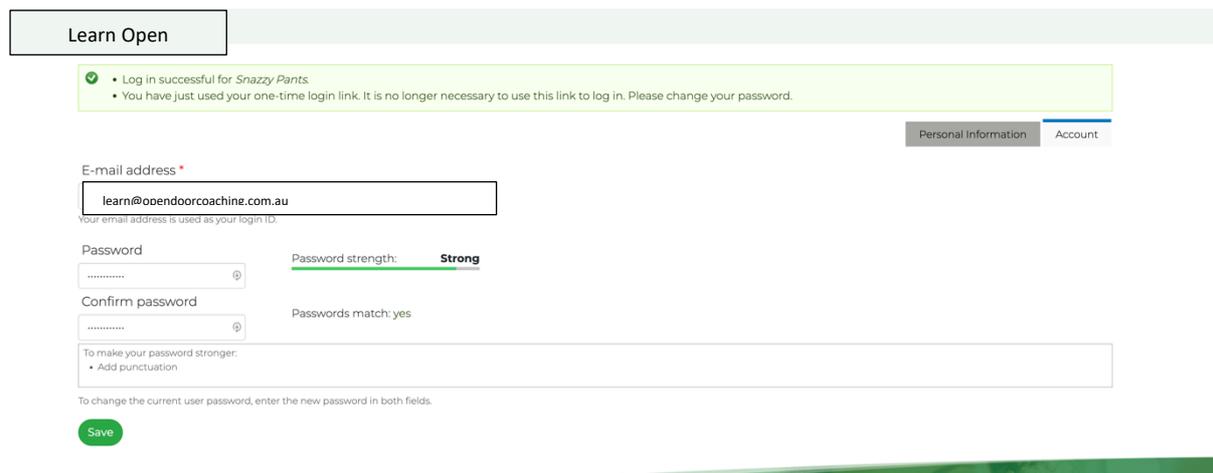
You will then see a screen that says that you have successfully validated your email address.

Click login



Step 4: Create a new password

Create a password on this screen. Then click save.

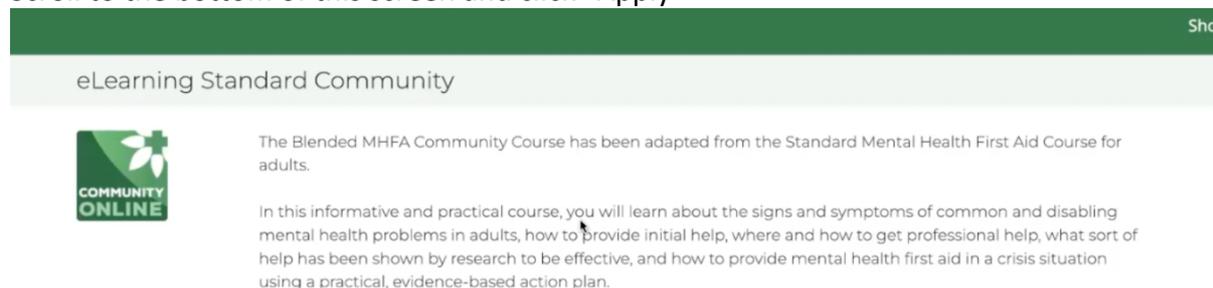


Step 5: Cut and paste your voucher code

Go back to the original email and cut and paste the voucher code, then click the link below.

<https://mhfa.com.au/courses/elearning/60888>

Scroll to the bottom of this screen and click "Apply"



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 \$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.

Apply

Scroll down and hit 'submit'

MENTAL HEALTH FIRST AID AUSTRALIA Learn the skills to make a difference. How to help | Dashboard | Log out

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eLearning Course Enrolment | Application

Application

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

Yes

No

Submit

Step 6: Enter your voucher code

Enter your voucher code you cut and paste from the email in the previous step 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.

eLearning Course Enrolment | Voucher

Application Voucher

If you have a prepaid voucher code, please enter it below and press submit. 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

Submit

Step 7: Complete the pre quiz.

This quiz is not marked, so just answer what you think to test your knowledge of mental health first aid.

The screenshot shows the top navigation bar of the Mental Health First Aid Australia website. The logo is on the left, and navigation links include 'MHFA Training', 'Why MHFA?', 'Become an Instructor', 'Community', 'Workplace', 'About us', 'FAQ', and 'Shop'. On the right, there are links for 'How to help', 'Dashboard', and 'Log out'. Below the navigation bar, the page title is 'eLearning Course Enrolment | Pre Quiz'.

A horizontal progress bar with three steps: 'Application', 'Voucher', and 'Pre Quiz'. The 'Pre Quiz' step is highlighted with a green arrow, indicating it is the current step.

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...

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) Access the online manual.
- 2) Download and read the Distress Protocols for Participants

The screenshot shows the 'Do Course' step of the eLearning Course Enrolment process. At the top, there is a green notification bar that says 'Your submission has been saved.' Below this, a progress bar shows 'Application', 'Voucher', 'Pre Quiz', and 'Do Course', with 'Do Course' highlighted. The main content area contains instructions: 'You may begin the eLearning modules. Please use the link below to open an online version of the course manual.' A note states: 'Note: the online version of the manual is viewable in your browser, but cannot be downloaded or shared with others.' A link is provided: 'Access the online manual here.' Below the link are three book covers representing the course materials. At the bottom, there is a green button that says 'Go to eLearning course'. A footer section contains a download link: 'Download MHFA Blended Online Course - Distress Protocol for Participants (163.58 KB)' and a note: '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.'

Click the icon to begin your eLearning course

Blended Online MHFA Community eLearning Component

Dashboard / My courses / Blended Online MHFA Community

Welcome to the Blended Online MHFA Community eLearning Component

How to complete this eLearning:

This self-paced eLearning component consists of 5 Modules/Assessments to be completed in order. After successfully completing each Assessment, the next Module will become available.

Time to complete:

This course may take between 5-7 hours to complete in full, so it is best to pace your learning and do the course over 2-3 sessions.

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Before you begin:

1. Ensure you have the latest version of your browser e.g. Chrome, Firefox, or Safari.
Note: Internet Explorer/Microsoft Edge are not supported browsers.
2. Ensure that pop-ups are enabled. If prompted, allow pop-ups from this site.

Please ensure that the eLearning is completed from start to finish on the same device and browser. Attempting to complete the eLearning on multiple devices may cause technical issues.

Note: This eLearning course is optimised for desktop or laptop, we do not recommend completing the course on a mobile device if possible.

Troubleshooting Tips:

Check if your web browser is up to date [here](#). If so, update your browser and relaunch the eLearning component.

If you are encountering playback issues with video components, please ensure that your internet connection allows streaming video via vimeo.com.

For any other issues, please read through our [eLearning FAQs](#). Please contact us if you have a question that has not been answered in our FAQs, or if you require further assistance: mhfa@mhfa.com.au or +61 3 9079 0200



Enjoy your eLearning!

****Remember:** It is highly recommended to complete the eLearning 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.