

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. Environmental
Protection Agency**

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