RESILIENCE FIRST AID™

2-Day **Resilience First Aid accredited** mental health certification.
Learn critical skills to proactively support mental health in others.

For Individuals – Learn how to **proactively support** the mental health of others.

For organisations – **Protect** the mental health of your staff.

WHY RESILIENCE FIRST AID?

9 out of 10 people can benefit from increasing resilience skills which protect against mental illness such as depression and anxiety. Throughout the pandemic, this need has only increased.

This is why we need to take a **preventative approach** to mental health. Rather than waiting until people need professional treatment, we can start supporting each other to connect and build mental wellness proactively.

Resilience First Aid (RFA) as a mental health certification teaches you **strength-based skills** to build resilience in others. You will learn how to spot signs of low resilience, learn language to talk proactively, and skills that build resilience.

This is a new approach to put **trained mental health champions** in place who actively boost the resilience and mental health in their communities.

RESILIENCE FIRST AID CERTIFIED

Suicide Prevention Australia STANDARDS

Quality Innovation Performance ACCREDITED PROGRAM

GET CERTIFIED IN **RESILIENCE FIRST AID**

Join the movement for proactive mental health.

Sign up now → info@phynixinitiative.com.au

RESILIENCE FIRST AID™

ACCREDITED TRAINING

LEARN ABOUT

- How to **proactively** build mental wellness in others
- How to support others through **six resilience domains**
- **Language** to talk proactively about mental health
- **Respond** when someone is struggling
- Use a **strength-based** model to become a source of hope and optimism
- How to **connect meaningfully** to support those around you

IDEAL CANDIDATES

- **Individuals** who want to be a positive influence in the lives of those around them
- **Organisations** looking to provide the best training to their people to build a culture of proactive care
- **Occupational Health & Safety departments** looking for better ways to reduce risk and promote a healthier workforce
- **Managers** looking to support staff mental health and create a culture of resilience
- **Colleagues** looking to make a positive impact in their teams

COURSE OUTCOME

On completion of the course, you will:

- **Be Certified for 3 years** as a Resilience First Aid Responder
- Be able to apply the concepts of preventative mental health
- Know how to use the 6 domains of resilience
- Be able to spot early on when support is needed
- Be able to apply an effective responder protocol

COURSE FORMAT

Resilience First Aid is a 2-day mental health certification course.

Option 1: Blended – 14 hours blended training
- 2 hours live video workshop
- 10 hours self-paced (14 days to complete)
- 2 hour live video workshop closing session

Option 2: Fully Live – Two days of fully live facilitated training

WHAT'S INCLUDED

RFA is a high-impact course that teaches you practical skills alongside the latest neuroscience of preventative mental health. As part of completing the certification, you will receive:

- **14 hours** interactive training on preventative mental health skills
- **14 hours** Continuing Education Credits
- **12 months** access to the Driven Resilience Training programs with full mental health and resilience training courses
- **Resilience First Aid kit** including physical resources to facilitate conversations
- **Community access** to connect with other responders

Course fee: AU$575

Approx $425 USD

Group discounts available
Get in touch – **info@phynixinitiative.com.au**

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