

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

Kathleen Armour



Remedy Training Guide:

Natural Remedies Guide Rachel Newcombe,2023-12-12 From tried and tested traditional herbal preparations and soothing and uplifting aroma blends to ancient crystals and modern superfoods this book contains a plethora of ideas for intriguing remedies you could use for aiding basic body and mind care

Nature's Healing Embrace: A Comprehensive Guide to Herbal Remedies and Plant Wisdom Pasquale De Marco,2025-08-09 Nature s Healing Embrace A Comprehensive Guide to Herbal Remedies and Plant Wisdom is a comprehensive guide to the healing power of herbs Written for both beginners and experienced herbalists this book covers everything you need to know to safely and effectively use herbs for your health and well being In this book you will learn The medicinal properties of common herbs How to identify and harvest herbs How to prepare and use herbs safely and effectively The history and folklore of herbalism The role that plants have played in different cultures around the world Whether you are looking to treat a specific ailment or simply improve your overall health Nature s Healing Embrace A Comprehensive Guide to Herbal Remedies and Plant Wisdom has something to offer you This book is a valuable resource for anyone who wants to learn more about the healing power of nature Herbalism is a gentle and effective way to promote health and well being By using herbs wisely we can tap into the healing power of nature and live healthier happier lives In Nature s Healing Embrace A Comprehensive Guide to Herbal Remedies and Plant Wisdom you will find In depth profiles of over 100 common herbs including their medicinal properties uses and safety considerations Detailed instructions on how to prepare and use herbs in teas tinctures salves and other forms A comprehensive guide to growing and harvesting your own medicinal herbs Fascinating stories and anecdotes about the history and folklore of herbalism A resource guide to herbal organizations schools and suppliers Nature s Healing Embrace A Comprehensive Guide to Herbal Remedies and Plant Wisdom is the most comprehensive and user friendly guide to herbalism available today With this book you will have everything you need to safely and effectively use herbs to improve your health and well being If you like this book write a review

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Hennessy The Healing Guide to Flower Essences is also lovingly illustrated with original botanical art and illustration

Bach Flower Remedies - from my heart to yours Aarti P Ranadive,2023-09-12 This Book is aimed at providing authentic first hand information to any reader passionate to know more about the Bach flower remedies or anyone eager to set foot on the path of emotional healing

Civilian Personnel Officer's Job-skills Training Manual United States. Army Service Forces,1945

Federal Energy Guidelines United States. Department of Energy,1998

A Teacher's Guide to Education Law Michael Imber,Tyll van Geel,2010-07-01 This clearly written text adapted from its parent volume Education Law provides a concise introduction to topics in education law that are most relevant to teachers

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Home Remedies Health Handbook ,1996

Rights and Remedies of Insurance Policyholders: Discrimination by property and casualty insurance companies United States. Congress. Senate. Committee on the Judiciary. Subcommittee on Citizens and Shareholders Rights and Remedies,1978

Rights and Remedies of Insurance Policyholders United States. Congress. Senate. Committee on the Judiciary. Subcommittee on Citizens and Shareholders Rights and Remedies,1978

EPA Publications Bibliography United States. Environmental Protection Agency,1995

Research and Discussions in Critical Discourses and Remedies in Global Health Education Ashti A. Doobay-Persaud,Tracy L. Rabin,Tomlin Paul,Jessica Evert ,Benedicta Ayiedu Mensah,2024-10-01 Global Health a field of study research and practice defined in 2009 with precursors in international health and development is currently reckoning with itself The field has well intended goals emphasizing collaboration and dialogue between population health public health clinical care and other disciplines to address socioeconomic determinants of health and employing interdisciplinary approaches to address health inequities wherever they exist Despite these lofty ideals there are concerns that the field itself has historically served to reinforce rather than deconstruct colonialism and power imbalances At this point in time the field has evolved toward a vision of a community of practice between institutions across the income spectrum HIC LMIC LIC working in bidirectional and multidirectional ways to develop staff staff space systems and strategies to eliminate health disparities However with deeply rooted colonial assumptions racism elitism and other forms of bias underlying institutions and individuals initiatives operating under the auspices of Global Health are all too often antithetical to the pursuit itself

Love Remedies Harald W. Tietze,Juta Stepanovs,2001

United States Army Aviation Digest ,1975

Subject Matter Indexes United States. Federal Labor Relations Authority,1979

Franchise Opportunities Handbook ,1980 This is a directory of companies that grant franchises with detailed information for each listed franchise

Departments of Veterans Affairs and Housing and Urban Development, and Independent Agencies Appropriations for 1995 United States. Congress. House. Committee on Appropriations. Subcommittee on VA, HUD, and Independent Agencies,1994

EPA Publications Bibliography Quarterly Abstract Bulletin United States. Environmental Protection Agency,1997-10

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