BECOME A MENTAL HEALTH FIRST AIDER

to support friends, family members, colleagues and others

MENTAL HEALTH FIRST AID Australia

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE
Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE
Increases confidence in providing first aid.

DE-STIGMATISING
Decreases stigmatising attitudes.

SUPPORT
Increases the support provided to others.

"I enjoyed learning the skills to be an MHFaider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia

? LEARN PRACTICAL FIRST AID SKILLS
- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or group support

DATES	**16th & 17th June 2021**
TIMES	**9.30am to 4.30pm**
COST	**$50.00 per person, please bring own snacks & lunch.**
VENUE	**Centacare Emerald**
FACILITATOR/S	**R. Cooper**

HOW DO I SIGN UP?
Please register, Phone **4897 0200** to register by **Friday 11th June 21**.

A MHFA booklet will be provided. Please bring snacks and lunch.

For more information, visit **mhfa.com.au/courses**

@MHFA_Australia   @mentalhealthfirstaid