



## Attend a 4 hour face to face Standard Mental Health First Aid (SMHFA) Refresher Course

For those people who have completed the full 2-day Mental Health First Aid course. This course gives participants and opportunity to refresh the knowledge and skills learnt during the 12-hour Standard Mental Health First Aid Course. You will: gain an understanding of the latest research in the mental health field; learn 3 key actions for helping someone feeling suicidal; work through complex mental health first aid interactions and practice mental health first aid skills.

**Where:** The Hub, 7-9 James St, Yeppoon QLD 4703

**When:** Friday 4<sup>th</sup> August 2023, 8.30am to 12.30pm

**Instructor(s):**

**Queensland Health Clinical Nurse Consultants Mental Health and Alcohol and Other Drugs-**  
Gareth Daniels (CNC, FACN, FACMHN, MACSA) Regional Adversity Consultant  
Clare Cullinan (CNC) Community Consult Liaison Officer

**Cost:** FREE thanks to the support of the Livingstone Living Well Suicide Prevention Group.

**Light catering included (morning and afternoon tea):** please email through dietary requirements on registration.

To register to attend this 4-hour SMHFA – Refresher course please contact:

**Contact Name:** Clare Cullinan

**Phone:** 49133200      **Email:** [clare.cullinan@health.qld.gov.au](mailto:clare.cullinan@health.qld.gov.au)

**Additional Information:** You will need to register using your current MHFA Registration Email and Account details and bring along your SMHFA Manual. If needed, new manuals can be purchased at the participant's expense from <https://shop.mhfa.com.au/> (currently \$14.50 plus postage).

The trainers have been supplied by Qld Health through the Central Queensland Mental Health and Alcohol and Other Drugs Service. The Livingstone Shire Council has kindly provided the venue free of charge. The coordination and light catering for this activity is supported by the Livingstone Living Well - Suicide Prevention Group, with funding received by Central Qld Rural Health from Wesley LifeForce, and from the Australian Government through the PHN Program.

**RSVP: Close of business 28/7/2023 (Limited spaces available).**

After successfully completing the assessment, the accredited MHFAiders have the opportunity to extend their accreditation for a further 3 years.



For more information, please go to  Livingstone Living Well – Suicide Prevention Group  
For further information about MHFA, please visit their website at: [www.mhfa.com.au](http://www.mhfa.com.au)