MENTAL HEALTH FIRST AID Australia

BECOME A MENTAL HEALTH FIRST AIDER

is pleased to provide **Mental Health First Aid (MHFA) training** for staff

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 at work and in your personal life.

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.

? **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 support group.

HOW DO I SIGN UP?

DATES

TIMES

COST

VENUE

FACILITATOR/S

For more information, visit **mhfa.com.au/courses**   🐦 @MHFA_Australia   f @mentalhealthfirstaid