



**MENTAL
HEALTH
FIRST AID**
Australia

BECOME A MENTAL HEALTH FIRST AIDER

to support friends, family members, colleagues and others

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 support group.

DATES 15th & 16th Feb 2022

TIMES 9:30 am to 4:30 pm daily

COST \$199

VENUE 35 King William Road,
Unley

FACILITATOR/S

**Deb Gleeson &
Carrie Katsoulas**



HOW DO I SIGN UP?

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



@MHFA_Australia



@mentalhealthfirstaid