



# 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.

### DATES

### TIMES

### COST

### VENUE

### FACILITATOR/S



### HOW DO I SIGN UP?

