



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.

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.

The Blended Community course is offered in a blended format with an eLearning and a separate instructor-led component (delivered face-to-face or via videoconferencing). See below for details.



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 an educational course, not a therapy or support group.

Date: Saturday 26th November

Time: 9-2pm with morning tea

Location: Bay room, The Entrance Leagues Club, 3 Bay Village Rd, Bateau Bay

Facilitated: by Jackie Robinson

Contact to register
mentalhealthandwellbeing66@gmail.com



HOW DO I SIGN UP?

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



@MHFA_Australia



@mentalhealthfirstaid

This training has been made possible by funding from the Hunter New England and Central Coast Primary Health Network (the PHN).

