



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 to people in your workplace.

WORKPLACE 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 course involves self-paced eLearning followed by a 4-hour face-to-face workshop. This is not a therapy or support group.



HOW DO I SIGN UP?

DATES

TIMES

COST

VENUE

FACILITATOR/S

