



# BECOME A MENTAL HEALTH FIRST AIDER

to support someone who is engaging in non-suicidal self-injury

Mental Health First Aid (MHFA) training will teach you practical skills to support someone who is engaging in non-suicidal self-injury. 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.



### LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in people engaging in non-suicidal self-injury.
- Help the person stay safe
- Connect people to professional and other supports, and
- Respond in a crisis situation

This is a 4-5 hour educational course, not a therapy or support group.



### HOW DO I SIGN UP?

### DATES

### TIMES

### COST

### VENUE

### FACILITATOR/S

