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MENTAL HEALTH FIRST AID AUSTRALIA

# STANDARD
# MENTAL HEALTH FIRST AID COURSE

4th EDITION 2017

## Learn skills and gain confidence to assist friends, family and co-workers experiencing mental health problems.

*Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.*

**If you're interested in attending this course, please use contact details below to enrol. Hurry limited spots available!**

**LOCATION:** Vantage Point Church - East, 320 Reynolds Road, Donvale VIC

**DATE:** 26th - 27th March 2021

**PRICE:** $150 (For CA Network Members) $250 for non-members

**MHFA INSTRUCTOR:** Ralph Estherby - National Director Chaplaincy Australia

**CONTACT NUMBER:** 0413 151 161 - Pastor Glenise Dedrick

**EMAIL:** Vicdirector@chaplaincyaustralia.com

**ADDITIONAL INFORMATION:** 9.00am - 5.00pm each day

Morning and Afternoon teas will be provided

## COURSE INFORMATION

- 12-hour Standard Mental Health First Aid (SMHFA) course
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Standard MHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

***Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.***

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