Accredited to deliver MHFA Courses by MHFA Australia

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: C3 Redland Bay - 882 German Church Rd, Redland Bay

DATE: 26th & 27th March 2025

PRICE: $165 for CA Members and ACC Pastors - $275 for non-members

MHFA INSTRUCTOR(S): Pastor Angie Herranz

CONTACT NUMBER: 0483 835 198

EMAIL: Angie.Herranz@chaplaincyaustralia.com

ADDITIONAL INFORMATION:

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.

www.mhfa.com.au