



# STANDARD MENTAL HEALTH FIRST AID COURSE



**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:

DATE:

PRICE:

MHFA INSTRUCTOR(S):

CONTACT NUMBER:

EMAIL:

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.***