



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.

LOCATION: Nambour General Hospital, Block 3 Seminar Room North, Level 4

DATE: Day 1 Thursday 17th June & Day 2 Friday 18th June 2021 - 8.30am to 3.30pm

PRICE: Cost of MHFA 4th Edition manual - when you register you will be sent an email with details of how to purchase the manual

MHFA INSTRUCTOR(S): Rod Buchner

CONTACT NUMBER: Lee Galli (07) 5202 9693 or email on: SC-MHET@health.qld.gov.au

ADDITIONAL INFORMATION: Capped at 18 participants

Course capped at 18 participants - **All participants MUST register on Eventbrite for Day 1 & Day 2 to complete the course**

Register on Eventbrite for Day 1 <https://www.eventbrite.com.au/e/mental-health-first-aid-mhfa-day-1-tickets-144936249223>

Register on Eventbrite for Day 2 <https://www.eventbrite.com.au/e/mental-health-first-aid-mhfa-day-2-tickets-144936991443>

Tea and Coffee provided. Please bring own lunch – fridge available

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 crisis.
- Participants must purchase a copy of the Standard MHFA manual @ own cost
- 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.