



# Mental Health First Aid Training Course

## What is Mental health First Aid?

Mental health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis. Mental health first aid is the help provided *before* appropriate professional help can be obtained.

## What is Mental health First Aid Training?

Mental health First Aid (MHFA) training is an internationally recognised 2 day training course developed by Betty Kitchener and Professor Anthony Jorm, with the aim of improving the mental health awareness within the Australian community.

## Our trainers are accredited to deliver the MHFA training course.

The 12 hour course has been developed specifically for members of the public and workplaces and is based on international MHFA guidelines. Evaluations of the MHFA training show a number of benefits:

- Better recognition of mental health problems
- Beliefs about treatments become closer to those of professionals
- Reduced stigma
- Increased confidence in providing help to others
- Greater amount of help provided to others in the 6 months following the course

**Please note the MHFA training is an education program, it is not a therapy program.**

## Mental Health First Aid teaches participants:

- How to recognise the symptoms of different mental health problems, illnesses and mental health crises
- How to provide initial help and support to a person with a mental health problem; or who is experiencing a mental health crisis
- How to guide a person towards accessing appropriate professional treatments and other help



### **Who can attend MHFA Training?**

Anyone who has an interest in learning more about mental health and supporting people with mental health problems is welcome at our course. There are no course pre-requisites or assumed knowledge requirements.

**Our next 2 day MHFA Training Course in Dubbo is on:**

**11<sup>th</sup> and 12<sup>th</sup> October 2016**

**19<sup>th</sup> and 20<sup>th</sup> October 2016**

**Venue:** 41 Bultje St Dubbo, Mental Health, Drug and Alcohol Service

**Time:** 9am-5pm

### **Course Content:**

The course covers a range of mental health disorders, including:

- Depression
- Anxiety
- Bipolar Disorder
- Schizophrenia
- Psychosis
- Substance Misuse

The course also covers mental health crisis situations, including:

- Suicidal behaviour/thoughts
- Panic Attacks
- Distress after a traumatic event
- Acute psychotic behaviours

**Course Fee:** **FREE** to general community members. This includes MHFA Manual, Certificate of completion. Light morning tea, lunch and afternoon tea are also provided.

**Course Registration:** Please complete the attached Course Registration Form and email it to [yvonne.muyambi@health.nsw.gov.au](mailto:yvonne.muyambi@health.nsw.gov.au).



<b>Course:</b>	<b>2-Day Standard Mental Health First Aid (MHFA) Training Course 41 Bultje Street, Dubbo, NSW 2830</b>
<b>Date of Course:</b>	<input type="checkbox"/> 11 <sup>th</sup> and 12 <sup>th</sup> October 2016 <input type="checkbox"/> 19 <sup>th</sup> and 20 <sup>th</sup> October 2016
<b>Title:</b>	<input type="checkbox"/> Miss <input type="checkbox"/> Ms <input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Dr
<b>First Name:</b>	
<b>Surname:</b>	
<b>Phone:</b>	
<b>Mobile:</b>	
<b>Email:</b>	
<b>Emergency Contact details (Name and phone):</b>	
<b>Special Dietary Requirements:</b>	
<b>I accept the terms and conditions stated below.</b>	
Signature:	

**Terms and Conditions:**

- There are limited places available and you will need to submit a completed registration form so as to secure a place.
- Please do not attend the course without confirmation. You will receive confirmation of a place by email.
- This course is a 2 day course and attendance at both days is required.

**Cancellation Policy:** Cancellation of course registration is accepted more than 3 business days prior to the workshop date. You may substitute another person for your place after this time. This is because we have limited spots available and spots become harder to fill with short notice.