



BECOME A MENTAL HEALTH FIRST AIDER

is pleased to provide Aboriginal and Torres Strait Islander Mental Health First Aid (MHFA) training for staff

In any one year, approximately 1 in 5 Australians aged 16-85 have a common mental illness. Evidence suggests that Aboriginal & Torres Strait Islander people experience this at a higher rate. Mental Health First Aid training will teach you practical skills to support a person with a mental health problem. Make a real difference to the people in your community.

MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems affecting Aboriginal and Torres Strait Islander people
- Provide initial support using a practical, evidence-based Action Plan
- Seek appropriate professional support
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

DATES

TIMES

COST

VENUE

FACILITATOR/S

"I am impressed. I am confident that my team gained a lot of knowledge and have already put this into practice in their daily work-life." - Sharmilla

