



BECOME A MENTAL HEALTH FIRST AIDER

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

STANDARD 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.

I enjoyed learning the skills to be an MHFAider. The content was interesting and the facilitators made me feel at ease even with the more sensitive content” - Georgia



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12 hour educational course, not a therapy or support group

DATES August 2022

TIMES 8.45am - 4pm

COST \$295 (includes light lunch)

VENUE Caboolture 17-18 August
Strathpine 24-25 August

FACILITATOR/S

Bronwyn Thompson
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PROFILE



HOW DO I SIGN UP? Click on your preferred venue or call Worklinks on 1300 852 359

CABOOLTURE

STRATHPINE

For more information, visit mhfa.com.au/courses



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@mentalhealthfirstaid