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 MHWaider. 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

**HOW DO I SIGN UP?**
Call Worklinks on 1300 852 359 or click on one of the Booking Links on Page 2 to book your preferred date.

**DATES**
2023

**TIMES**
9.00am - 4pm

**COST**
$275 (includes light lunch)
$250 - 2+ people from same organisation
$195 - Concession - must have health care card

**VENUES**
Caboolture - 16 Stringfellow Road
Kippa-Ring - 1/180 Anzac Avenue
Strathpine - 1/3 Jockers Street

**FACILITATOR/S**
Bronwyn Thompson

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

@MHFA_Australia @mentalhealthfirstaid
MENTAL HEALTH FIRST AIDER COURSES - 2023
Mental Health First Aider Courses are 12 hours and are presented over two days. Each course can be booked online with Eventbrite using the link below.

<table>
<thead>
<tr>
<th>DATE</th>
<th>NOTES</th>
<th>VENUE</th>
<th>Online Link</th>
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</thead>
<tbody>
<tr>
<td>JANUARY 20 + 27</td>
<td>1</td>
<td>CABOOLTURE - 16 Stringfellow Road</td>
<td><strong>BOOKING LINK</strong></td>
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<tr>
<td>FEBRUARY 7, 8, 9, 10</td>
<td>2</td>
<td>STRATHPINE - 1/3 Jockers Street</td>
<td><strong>BOOKING LINK</strong></td>
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<tr>
<td>MARCH 7, 8, 9, 10</td>
<td>2</td>
<td>KIPPA-RING - 1/180 Anzac Avenue</td>
<td><strong>BOOKING LINK</strong></td>
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<tr>
<td>MAY 16 + 17</td>
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<tr>
<td>JUNE 13 + 14</td>
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<td>JULY 11, 12, 13, 14</td>
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<td>KIPPA-RING - 1/180 Anzac Avenue</td>
<td><strong>BOOKING LINK</strong></td>
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Notes
1. Course takes place over 2 days - 6 hours per day
2. Course takes place over 4 days - 3 hours per day