



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

8
or more staff
for training, we
can come to you! -
Please call for
info



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 - See over

COST \$150 (includes tea, coffee & biscuits)

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

FACILITATOR/S

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PROFILE

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 .

DATE	DAYS	VENUE	Online Link
MARCH 8th and 15th	2	STRATHPINE - 1/3 Jockers Street	BOOKING LINK
APRIL 5th and 12th	2	KIPPA-RING - 1/180 Anzac Avenue	BOOKING LINK
APRIL 19th and 26th	2	CABOOLTURE - 16 Stringfellow Road	BOOKING LINK