



# 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  
Strathpine - 1/3 Jockers Street

### FACILITATOR/S

**Bronwyn Thompson**

**Worklinks QLD LTD**

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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         |
|--------------------------|------|-----------------------------------|---------------------|
| JULY 25th and AUGUST 1st | 2    | CABOOLTURE - 16 Stringfellow Road | <b>BOOKING LINK</b> |
| SEPTEMBER 9th and 14th   | 2    | STRATHPINE - 1/3 Jockers Street   | <b>BOOKING LINK</b> |
| OCTOBER 24th and 31st    | 2    | CABOOLTURE - 16 Stringfellow Road | <b>BOOKING LINK</b> |