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

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 bronwynthompson@worklinks.com.au

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>DAYS</th>
<th>VENUE</th>
<th>Online Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>JULY 25th and AUGUST 1st</td>
<td>2</td>
<td>CABOOLTURE - 16 Stringfellow Road</td>
<td>BOOKING LINK</td>
</tr>
<tr>
<td>SEPTEMBER 9th and 14th</td>
<td>2</td>
<td>STRATHPINE - 1/3 Jockers Street</td>
<td>BOOKING LINK</td>
</tr>
<tr>
<td>OCTOBER 24th and 31st</td>
<td>2</td>
<td>CABOOLTURE - 16 Stringfellow Road</td>
<td>BOOKING LINK</td>
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