



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

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

VENUES: Strathpine - 1/3 Jockers Street
- Landsborough - 485 Old Landsborough Road
- 8 or more staff? We can deliver at your venue

FACILITATOR/S

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MENTAL HEALTH FIRST AIDER COURSES – 2024

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 14th and 21st MARCH 2024	2	STRAITHPINE - 1/3 Jockers Street	BOOKING LINK
MARCH 28th and 4th April 2024	2	LANDSBOROUGH – 485 Old Landsborough Road	BOOKING LINK