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

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](http://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

Bronwyn Thompson  
Worklinks QLD LTD  
bronwynthompson@ worklinks.com.au

@MHFA_Australia @mentalhealthfirstaid
MENTALHEALTH 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.

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAYS</th>
<th>VENUE</th>
<th>Online Link</th>
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<tbody>
<tr>
<td>May 14th and 21st May</td>
<td>2</td>
<td>Caboolture – 16 Stringfellow Road</td>
<td>[BOOKING LINK]</td>
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<td>July 11th and 18th July</td>
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<td>STRAITHPINE - 1/3 Jockers Street</td>
<td>[BOOKING LINK]</td>
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