



**Early understanding, help and support is proven to be of great benefit to anyone with a mental health problem.**



## COURSE DETAILS

### COURSE FORMAT

The 2 day Aboriginal and Torres Strait Islanders Mental Health First Aid course is 14-hours delivered face-to-face by one of our Professional facilitators

### WHO CAN ATTEND?

Any interested adult can attend.

NOTE: This course is not a therapy or support group, rather it is an education course.

### ACCREDITATION

Participants who complete this training have the option to complete a online quiz to receive 3-year accreditation with MHFA Australia in this course.

### COURSE FEES

**\$495 per person**

Includes the 2-day face to face workshop, workbooks and accreditation, Lunch and Light Refreshments.

### COURSE LOCATION & DATES

#### TBC

370 St Kilda Road  
Melbourne, VIC 3004.

### CONTACT

Call Marilyn Walker on **0400 493 399** or  
Email: [info@marlinbd.com](mailto:info@marlinbd.com)

### WHAT THE COURSE COVERS

- The Aboriginal and Torres Strait Islanders Mental Health First Aid course teaches you how to assist an Aboriginal or Torres Strait Islander adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolved.
- The Aboriginal and Torres Strait Islanders Mental Health First Aid course is based on the international MHFA Guidelines. These guidelines are developed through the expert consensus of Aboriginal people with lived experience of mental health problems and professionals.

### MENTAL HEALTH PROBLEMS & CRISIS COVERED

- Depression and anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Self harm
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use

### WHY ATTEND A COURSE?

Evaluations consistently show that this training is linked with improved knowledge of mental health illnesses, what treatments and strategies are needed to help individuals with a mental health illness. This course will teach attendees the knowledge and give them the confidence in providing first aid to individuals. The course is also helping to reduce the stigma associated with mental health illnesses also.