



# MAKE A DIFFERENCE! MENTAL HEALTH FIRST AID

*Learn how to provide mental health first aid to friends, family members, co-workers and other adults*

## COURSE DETAILS

### COURSE FORMAT

The 2 day Mental Health First Aid course is delivered face-to-face by one of our Professional facilitators

### WHO SHOULD ATTEND?

Any interested adult can attend. 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 an online quiz to receive 3-year accreditation with MHFA Australia.

### COURSE FEES

**\$495 per person**

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

### COURSE LOCATION & DATES

TBC

### TO BOOK or for further information

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

*\$4.7 billion is spent on absenteeism per year.  
\$146 million in compensation claim in Australia related to a large number of people suffering from a Mental Health illness!*

### WHAT THE COURSE COVERS

- The 2 day Mental Health First Aid course teaches adults how to identify a person potentially suffering from a mental health issue and to provide initial support to adults who are showing signs of developing any of the below mental health problems, or experiencing a worsening of an existing mental health problem or mental health crisis.
  
- The 2 day Standard Mental Health First Aid course is based on the international MHFA Guidelines and accreditation is provided by MHFA

### THE MENTAL HEALTH PROBLEMS

- Depression
- Anxiety problems
- Psychosis
- Substance use Problems

### THE MENTAL HEALTH ISSUES

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours