



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

***\$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