

MAKE A DIFFERENCE with OLDER PERSON MENTAL HEALTH FIRST AID

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 days Older Person Mental Health First Aid course is 12-hours delivered face-to-face by one of our Professional facilitators.

WHO CAN ATTEND?

Any interested adult can attend particularly those who work with, live with or care for older people, including families and carers.

ACCREDITATION

Participants who complete this training are optional to complete an 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

Learn how to provide mental health first aid to people aged 65+.

WHAT THE COURSE COVERS

- The Older Person Mental Health First Aid course teaches you how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolved.
- The Older Person Mental Health First Aid course is based on the international MHFA Guidelines. These guidelines are based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

MENTAL HEALTH PROBLEMS & CRISIS COVERED

- Depression and anxiety
- Confusion and dementia
- Psychosis
- Suicidal thoughts and behaviours
- Panic attacks
- Delirium
- Unsafe and challenging behaviours due to confusion

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.

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