

# MAKE A DIFFERENCE!

## MENTAL HEALTH AWARENESS

**AVAILABLE ONLINE  
NOW!**



### WHAT THE COURSE COVERS

The Mental Health Awareness Course provides information and insight into the following areas of Mental Health.

- ◊ Prevalence and Impact of Mental Health Illness
- ◊ Depression
- ◊ Anxiety Disorders
- ◊ Helping a suicidal person
- ◊ Using SAFE as the model of Intervention
- ◊ Promoting your own Mental Health – This is Unique to this course.

The Mental Health Awareness Course provides a unique opportunity for the learners to understand the steps to take on how to protect their own Mental Health. This is not provided in the Standard Mental Health First Aid course.

The required time commitment is smaller to complete this course. Learners will receive the 35-page manual via email prior to the first virtual session, providing the opportunity for review before the course starts.

It is important to note that this course is significantly different to the Standard Mental Health First Aid and no one participating in either course can claim a reduction of time to complete the other.

### COURSE FORMAT

The course is a 6 hour course, delivered over 2 days. 2 x 3 hour virtual sessions.

Sessions will run across 2 consecutive days.

Course materials will be emailed prior to the first session.

### WHO SHOULD ATTEND

Any interested adult. This course provides insight into identifying Mental Health issues in others and to protect their own Mental Health.

### CERTIFICATION

This course is NOT accredited.

A certificate of Attendance will be provided.

### COURSE FEES

**\$220 per person**

### COURSE DATES AND TIMES

**TBC**

### TO BOOK or for further information

Call Marilyn Walker on 0400 493 399 or Email:  
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