



ONLINE

MENTAL HEALTH

FIRST AID TRAINING

JULY-
SEPT
2020

Cost
\$225
includes
Manual

SUPPORT SKILLS

Around 1 in 5 Australian adults experience a common mental illness each year. Understanding how to talk about mental health and help someone in need are important skills. Many people feel uncomfortable and unprepared when thinking about starting a conversation with someone they are concerned about. Having mental health first aid skills means that you can assist someone developing a mental health problem or experiencing a mental health crisis and make a real difference to your community.

MHFA AUSTRALIA

Mental Health First Aid (MHFA) Australia is a national not-for-profit organisation focused on mental health training and research. Courses are based on evidence of what is best practice mental health first aid to support someone who has a mental health problem or is experiencing a mental health crisis. This evidence has been developed in partnership with the University of Melbourne.

SIGNS & SYMPTOMS

Learn about the signs and symptoms of common mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation. This is an education course designed to teach people the skills to give first aid to others, it is not a therapy or support group.

TRAINING FORMAT

1. Online learning completed individually with printed manual as a resource. Duration 5 to 7 hours. Starts beginning of July.
2. Peer conversations during self-paced online learning process - July and August.
3. Two three-hour online video discussion sessions conducted by the Trainer - 31 August and 1 September. These will be conducted in two groups of 12 people.

Registration at tinyurl.com/ppe-events
Maximum of 24 participants.
Registrations close 30 June or when full.

For more information contact Craig Mitchell
events@ucappep.org
0417323088