



# STANDARD MENTAL HEALTH FIRST AID COURSE



**Learn skills and gain confidence to assist friends, family and co-workers experiencing mental health problems.**

*Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.*

**If you're interested in attending this course, please use contact details below to enrol. Hurry limited spots available!**

**LOCATION:** Barcaldine Show Grounds - grandstand

**DATE:** Tuesday 27th & Wednesday 28th October 2020

**PRICE:** Free

**MHFA INSTRUCTOR(S):** Dr Tim Driscoll (Psychologist)

**CONTACT NUMBER:** 4650 4098 or 0438 582 223 (Cameron Dare)

**EMAIL:** TRAIC\_CWHHS@health.qld.gov.au

**ADDITIONAL INFORMATION:** This training will be fully catered

Please phone or email above to register

## COURSE INFORMATION

- 12-hour Standard Mental Health First Aid (SMHFA) course
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Standard MHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

*Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.*