BECOME A MENTAL HEALTH FIRST AIDER

MENTAL HEALTH FIRST AID
Australia

is pleased to provide **Mental Health First Aid (MHFA) training** for staff

Many older Australians experience mental health problems. Older Person Mental Health First Aid (MHFA) training will teach you practical skills to support an older person with a mental health problem. Make a real difference to the older people in your community.

OLDER PERSON MHFA TRAINING BENEFITS

KNOWLEDGE	**CONFIDENCE**	**DE-STIGMATISING**	**SUPPORT**
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

? LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in older people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.

HOW DO I SIGN UP?

DATES

TIMES

COST

VENUE

FACILITATOR/S

For more information, visit **mhfa.com.au/courses**

@MHFA_Australia

@mentalhealthfirstaid