



The 12-hour Standard Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to someone who is experiencing a mental health problem or crisis.

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.

<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Wednesday 9<sup>th</sup> &amp; Thursday 10<sup>th</sup> February 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> Buchan Recreation Reserve – 5609 Buchan-Orbost Road, Buchan			
<b>Trybooking Link - <a href="https://www.trybooking.com/BVMRK">https://www.trybooking.com/BVMRK</a></b>			
<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Monday 14<sup>th</sup> &amp; Tuesday 15<sup>th</sup> February 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> South Gippsland Trade Skills Alliance (SGTSA) – 71 Ogilvy Street, Leongatha			
<b>Trybooking Link - <a href="https://www.trybooking.com/BVUNT">https://www.trybooking.com/BVUNT</a></b>			
<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Wednesday 23<sup>rd</sup> &amp; Thursday 24<sup>th</sup> February 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> Orbost Exhibition Building – 10-12 Clarke Street, Orbost			
<b>Trybooking Link - <a href="https://www.trybooking.com/BVUNZ">https://www.trybooking.com/BVUNZ</a></b>			
<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Wednesday 16<sup>th</sup> &amp; Thursday 17<sup>th</sup> March 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> Mallacoota Community Club Rooms			
<b>Trybooking Link - <a href="https://www.trybooking.com/BVUOG">https://www.trybooking.com/BVUOG</a></b>			
<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Monday 21<sup>st</sup> &amp; Tuesday 22<sup>nd</sup> March 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> The Wonthaggi Club – 16 McBride Avenue, Wonthaggi			
<b>Trybooking Link - <a href="https://www.trybooking.com/BVUOP">https://www.trybooking.com/BVUOP</a></b>			
<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Wednesday 6<sup>th</sup> &amp; Thursday 7<sup>th</sup> April 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> The Hub – Bairnsdale – 27 Dalmahoy Street, Bairnsdale			
<b>Trybooking Link - <a href="https://www.trybooking.com/BVURV">https://www.trybooking.com/BVURV</a></b>			
<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Monday 4<sup>th</sup> &amp; Monday 11<sup>th</sup> April 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> Latrobe Valley Community Mental Health Services – 20 Washington Street, Traralgon			
<b>Trybooking Link - <a href="https://www.trybooking.com/BVUSB">https://www.trybooking.com/BVUSB</a></b>			
<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Wednesday 11<sup>th</sup> &amp; Thursday 12<sup>th</sup> May 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> Sale Community Services – Palmerston Street, Sale			
<b>Trybookings Link - <a href="https://www.trybooking.com/BVUSK">https://www.trybooking.com/BVUSK</a></b>			
<b>STANDARD MHFA</b>	<input type="checkbox"/>	<b>Monday 23<sup>rd</sup> &amp; Tuesday 24<sup>th</sup> May 2022</b>	<b>Time: 0900 - 1630</b>
<b>Venue:</b> Warragul Function Centre – Tarwin Street, Warragul			
<b>Trybookings Link - <a href="https://www.trybooking.com/BVUSS">https://www.trybooking.com/BVUSS</a></b>			

- Cancellations with less than 7 days' notice prior to commencement will incur full course cost, LRH staff will also be charged full course cost if cancellations are made during this time.
- You are required to attend the full 12 or 14 hours in order to obtain a certificate of completion.

*Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.*