



Sabrina's Reach4Life with the generous support of Ms Pauline Neil Director of MH Training is offering you the opportunity to attend this training as a community-based initiative.

When: Saturday 4 June and Saturday 11 June

Times: 9.00 to 3.00 pm

Where: Red and Yellow room, Harry's Place, 1 Willeroo street. Tiwi.

Cost: \$30

Register or enquiries at info@mhtraining.net.au by May 30

Standard Mental Health First Aid Training

Why should you attend?

Completing an MHFA course helps develop the skills and build confidence to support colleague, friend, or family member who may be experiencing a mental health problem or a crisis. This course is provided to participants at the minimum cost of \$30, normally \$250 – 300 per person.

Evidence based outcomes from this course are:

- Improved knowledge of mental illnesses, their treatments and appropriate first aid strategies.
- Confidence in providing first aid to a person experiencing a mental health problem.
- Decreases in stigmatising attitudes.
- Increases in the amount and type of support offered.

Content will be divided across 2 x 6hr days

Topics covered

Mental Health First Aid

- Mental illness in Australia
- Prevalence
- Risk factors
- Why MHFA?
- The MHFA Action Plan

Anxiety problems

- Signs and symptoms
- Interventions
- Traumatic events
- Panic attacks

The MHFA Action Plan for anxiety problems

- Crisis first aid for panic attacks
- Crisis first aid after a traumatic event
- Continue through the MHFA actions when there is no crisis

Depression

- Signs and symptoms



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- Interventions
- The MHFA Action Plan for depression**
- MHFA actions when there is no crisis
- The MHFA Action Plan for Crisis**
- Crisis - first aid for suicidal thoughts and behaviours
 - Crisis – Suicide and Non-Suicidal Self Injury

Psychosis

- Signs and symptoms
 - Interventions
- The MHFA Action Plan for psychosis**
- Crisis first aid for severe psychotic states
 - Continue through the MHFA actions when there is no crisis

Substance use problems

- Signs, symptoms and interventions
- The MHFA Action Plan for substance use problems**
- Crisis first aid for severe effects of substance use
 - Crisis first aid for aggressive behaviour
 - Continue through the MHFA actions when there is no crisis.

What does registration include:

- **A manual for each participant.**
- **Morning tea and lunch**
- **Ms Neil will be available to each participant throughout this course via mobile or email for any concerns or questions**

- **Pay registration by May 30 to:**
Sabrina's Reach4Life
BSB: 805 050
ACC: 102502880
Ref: MHFA and surname

Kind regards,

Pauline Neil
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MH Training
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Principal Master Instructor - Standard, Youth, Suicidal Person, Conversations about Gambling, and Teen Mental Health First Aid.



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