



WANT TO LEARN

ways to respond to mental health problems?

Attend a 12-hour Standard Mental Health First Aid (MHFA) Course

This course teaches skills to give initial help to adults experiencing mental health problems in a mental health crisis situation, or in the early stages of a mental illness.

Where: Bendigo Health

3rd Floor, Anne Caudle Centre

100 Barnard Street Bendigo.

West Wing Training Centre 2. (First door on the left as you get out of the lift.)

When: Friday 9th November and Friday 16th November.

Start 9.30am, finish 4pm

Instructor(s): Francis McCormick

Cost: No cost for CARERS

This course is set aside for carers/family members

If you are interested in attending this course, please contact: 5454 7612

Additional Information: This course is for families and carers of people who have a mental illness. The 2 days will assist carers to improve their understanding of mental illness, and to learn ways to assist in a mental health crisis. Only open to people with lived experience of caring for someone with a mental illness.

The facilitator has over 30 years' experience as a mental health nurse and family therapist, and has a special interest in the impact of mental illness on families and carers.

Lunch and resources will be provided. Please advise if you have any dietary requirements.

**For further information about
Mental Health First Aid Australia,
please visit our website at:
www.mhfa.com.au**

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• DEPRESSION • ANXIETY • PSYCHOSIS • SUBSTANCE MISUSE •
• SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-INJURY • PANIC ATTACKS • AGGRESSION •



STANDARD MENTAL HEALTH FIRST AID COURSE

What is Mental Health First Aid?

Mental health first aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What is the Standard Mental Health First Aid course?

The Standard Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

Course Content

The Standard MHFA course teaches people how to assist someone who is developing a mental health problem or in a mental health crisis.

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Developing mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

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