

MENTAL HEALTH

FIRST AID

TRAINING

DATES

29th and 30th of November 2018

VENUE

Frank Vickery Village
101 Port Hacking Road
(Entry Via Bellingara Road)
Sylvania, NSW 2224

TIMINGS

9am - 5pm

OVER 2.6 MILLION TRAINED. WILL YOU BE NEXT?

Lifeline Australia together with Bridging Hope Charity Foundation would like to invite you to participate in a Mental Health First Aid community education training. We are working towards a world where everyone has the first aid skills to support people with mental health problems.

Registrations for this accredited training will be confirmed on first come first serve basis. This is an opportunity for you to come together to raise awareness for the importance of building mental resilience, to help build preventative action and provide support for those in need.

All training delivered in English

---BOOKINGS ESSENTIAL---

WHAT IS MHFA?

Mental Health First Aid is the help given to someone dealing with a mental health problem or in a mental health crisis until appropriate professional treatment is received or until the crisis resolves. Participants learn the signs and symptoms of a person in crisis or suffering a mental health issue and learn how and where to get help.

WHY ATTEND A MHFA COURSE?

MHFA Training can provide members of the community with:

- Skills in how to recognise the signs and symptoms of mental health problems
- Knowledge of the possible causes or risk factors for these mental health problems
- Awareness of the evidenced based medical, psychological and alternative treatments available
- Skills in how to give appropriate initial help and support someone experiencing a mental health problem
- Skills in how to take appropriate action if a crisis situation arises involving suicidal behaviour, panic attack, overdose or threatening psychotic behaviour

WHAT'S THE FORMAT?

This is a 12-hour course, which is delivered as a 2-day training package (6 hours per day) for a group of up to 20 people.

WHAT IS THE COST?

Free of Charge and funded by Bridging Hope Charity Foundation. Lunch will be included.

WHO CAN ATTEND?

MHFA training is open to the Chinese Australian Community residing in Sydney over the age of 18 years. Please note this course is not a therapy or support group, rather it is an education course to learn to give first aid to others. Participants receive a copy of the Standard MHFA and a Certificate of Completion.

The Training and all Workshop materials will be presented in English.

FOR ENQUIRIES AND BOOKINGS, PLEASE CONTACT:

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All training delivered in English

---BOOKINGS ESSENTIAL---