



MIFWA



STANDARD MENTAL HEALTH FIRST AID COURSE

LEARN SKILLS AND GAIN CONFIDENCE
TO SUPPORT PEOPLE EXPERIENCING
MENTAL HEALTH CHALLENGES.

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem, or is in a mental health crisis.

COURSE INFORMATION

- FREE 2-day course (usually \$350 per person)
- Topics cover: anxiety, depression, psychosis, substance use problems, suicide and other mental health crises
- Participants receive a Mental Health First Aid manual and are eligible to become an accredited Mental Health First Aider for three years.

When: 9:00am - 4:00pm, 22nd & 23rd September 2022

Where: Williams Community Resource Centre

Cost: Course free (usually \$350 per person)
Morning tea and lunch - \$20

To register: Contact Williams Community Resource Centre on reception @williamscrc.net.au or or 9885 1378.



This training is proudly bought to you by the CBH Regional Mental Health Program.