



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
- Topics cover: anxiety, depression, psychosis, substance use problems, suicide and other mental health crises
- Participants receive a Mental Health First Aid manual
- Participants are eligible to become an accredited Mental Health First Aider for three years.

**When:** 9:00am - 4:00pm, 22 and 23 September 2022  
**Where:** Williams Community Resource Centre  
**Cost:** Free - morning tea and lunch provided  
**To register:** Contact Williams Community Resource Centre on reception@williamscrc.net.au or 9885 1378.



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