



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: 9:00 am - 4:00 pm, 24 & 25 November 2022
Where: Boddington CRC, 20 Bannister Road, Boddington
Cost: Course is free (valued at \$350 pp)
Morning tea & lunch \$20
To register: Contact Boddington CRC on 9883 8246 or
or reception@boddingtonoldschool.org.



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