



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 Standard Mental Health First Aid course
- Topics cover: anxiety, depression, psychosis and substance use problems, as well as 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.

**When:** 9:00am - 4:00pm, 2 & 3 October 2023

**Where:** Wagin Community Resource Centre  
46/48 Tudhoe St, Wagin

**Cost:** Free. Morning tea and a light lunch will be provided.

**To register:** Contact Wagin CRC on 9861 1644 or email [admin@wagincrc.net.au](mailto:admin@wagincrc.net.au)

