



## BECOME A MENTAL HEALTH FIRST AIDER

to support Aboriginal and Torres Strait Islander people.

In any one year, approximately 1 in 5 Australians aged 16-85 have a common mental illness. Evidence suggests that Aboriginal and Torres Strait Islander people experience this at a higher rate.

Mental Health First Aid training will teach you practical skills to support a person with a mental health problem. Make a real difference to the people in your community.

### MHFA TRAINING BENEFITS

#### KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

#### CONFIDENCE

Increases confidence in providing first aid.

#### DE-STIGMATISING

Decreases stigmatising attitudes.

#### SUPPORT

Increases the support provided to others.

*"Very interesting and thought-provoking. We now have been given the tools to be able to identify and assist our client and community members facing mental health issues." - Dianne*



#### LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems affecting Aboriginal and Torres Strait Islander people
- Provide initial support using a practical, evidence-based Action Plan
- Seek appropriate professional support
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.

#### DATES

#### TIMES

#### COST

#### VENUE

#### FACILITATOR/S



#### HOW DO I SIGN UP?

For more information, visit [mhfa.com.au/courses](https://mhfa.com.au/courses)



@MHFA\_Australia



@mentalhealthfirstaid