



**MentalHealth
Victoria**

Collaboration • Knowledge • Leadership



**MENTAL
HEALTH
FIRST AID**
Australia

Mental Health First Aid

This training course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Audience

This 12- hour Standard Mental Health First Aid course is for any interested adult.

Aims

Teach participants how to assist people who are:

- Developing a mental health problem
- Experiencing a worsening of an existing mental health problem
- In a mental health crisis

Until appropriate professional help is received or the crisis is resolved

Approximately 20% of Australian adults experience a common mental illness each year. Completing an MHFA Course will help you to develop the skills to support a friend, family member or co-worker

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

**MHFA TRAINING
REALLY MAKES A DIFFERENCE**

Facilitator

Carol Fountain

Further Information

Cost – MHV Calendar Course

Mental Health Victoria Member rate \$275.00

Non-member rate \$330.00

All course materials are included.

To Register

Please visit the Mental Health Victoria website www.mhvic.org.au and register online.

Public Transport

Mental Health Victoria is located next to Elsternwick Train Station (Sandringham line), bus, and tram stops.

Location

Mental Health Victoria
Level 2, 22 Horne Street
Elsternwick VIC 3185

Delivery at your office

Mental Health Victoria, as with all of our programs can bring Mental Health First Aid Training to you.

For more information please contact Mental Health Victoria
03 9519 7000

Mental Health Victoria
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Elsternwick, Vic 3185
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