



STANDARD MENTAL HEALTH FIRST AID COURSE



Learn skills and gain confidence to assist friends, family and co-workers experiencing mental health problems.

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 in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.

If you're interested in attending this course, please use contact details below to enrol. Hurry limited spots available!

LOCATION: Macquarie Life Church - 27 Macquarie Rd, Macquarie Hills 2285

DATE: 19th - 20th September 2022

PRICE: \$150 for CA Network Members (& ACC Pastors) - \$250 for non-members

MHFA INSTRUCTOR: Pastor Ralph Estherby - National Director Chaplaincy Australia

CONTACT NUMBER: Deb Kuhna - 0413 135 707

EMAIL: Deb.Kuhna@chaplaincyaustralia.com

ADDITIONAL INFORMATION: 9.00am - 4.30pm

Morning and Afternoon teas will be provided

COURSE INFORMATION

- 12-hour Standard Mental Health First Aid (SMHFA) course
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Standard MHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.