



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: Compass Church, Virginia Park, 5B South Drive, Bentleigh East 3165
(off East Boundary Road)

DATE: 7th - 8th July 2023

PRICE: \$150 (For CA Network Members) \$250 for non-members

MHFA INSTRUCTOR: Ralph Estherby (Principal Master Instructor)

CONTACT NUMBER: 0416 234 747 - Pastor Mark Penny

EMAIL: Vicdirector@chaplaincyaustralia.com

ADDITIONAL INFORMATION: 9.00am - 5.00pm each day

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.