

Accredited to deliver MHFA
Courses by MHFA Australia



**MENTAL
HEALTH**
FIRST AID

WANT TO HELP
the mental health of your community?

Attend a 12-hour Standard Mental Health First Aid (SMHFA) Course

This course teaches first aid skills for adult members of the public to give initial help to adults experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

Where:

When:

Instructor(s):

Cost:

If you're interested in attending this 12-hour SMHFA course, please contact:

Contact name:

Phone:

Email:

Additional information:

For further information about
Mental Health First Aid Australia,
please visit our website at:
www.mhfa.com.au

www.mhfa.com.au

• DEPRESSION • ANXIETY PROBLEMS • PSYCHOSIS • SUBSTANCE USE PROBLEMS •
• SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-INJURY • PANIC ATTACKS • AGGRESSION •