



Mental Health First Aid certificate course

With 1 in 5 Australians in any 12-month period experiencing a mental health issue, are you and your staff confident and equipped to deal with a mental health challenge emerging at work? Do you have the knowledge and support processes in place to safely manage a mental health crisis? Do you or your staff know how to care for an employee experiencing a panic attack?

In support of October Mental Health Month, Fleur Heazlewood is offering for the first-time a public Mental Health certificate course.

What is mental health first aid?

It is the first line of help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or a mental health crisis. As with physical first aid, mental health first aid is given until appropriate professional help is received or the crisis resolves.

The Mental Health First Aid certificate course:

This is a unique opportunity for you and your staff to learn Mental Health First Aid with Fleur Heazlewood, one of Australia's most experienced workplace wellbeing, mental health and resilience trainers. Fleur's corporate knowledge, senior business leadership experience and extensive academic qualifications provides an experienced safe, practical and insightful learning environment.

In this 12-hour certificate course, participants 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.

We teach you how to provide initial support to adults who are developing mental health problems, experiencing a worsening of an existing mental health problem or mental health crises:

1. Developing mental health problems include depression and anxiety
2. Mental health crises include suicidal thoughts and behaviours and panic attacks

Upon completion of this course participants will have the confidence and courage to handle mental health first aid situations; and the opportunity to sit for the Mental Health First Aid Australia certificate qualification.

"Thank you for suggesting the MHFA, I thoroughly enjoyed it. I felt after each session I came out of it with the knowledge and the understanding of what mental health truly is. I now know I will be able to handle situations as they come up, maybe not smoothly the first couple of times, but with the tools I have received from this course it will make it easier to handle situations. Thank you again.

" Janet Peters, Team leader, ITW

Course and booking details:

Dates: 21st & 22nd October: 9:00am – 4:00pm

Venue: Level 7, 99 York Street – Sydney CBD: Near Town Hall Station

Price: \$495 inclusive course manual and materials, and all catering

To book contact: Melissa Cefai at hello@blueberryinstitute.com or 0422 004 319

Places limited to 24 people.

RSVP closing date: 11th October