Mental health first aid for friends, family members, co-workers and other adults

Do you know that 1 in 5 Australians in any 12-month period experiences a mental health issue?

Do you feel confident and equipped to deal with a mental health challenge or crisis?

If you ask someone if they are ok, and they are not, do you know how to support them?

Just as there is physical first aid training, there is also certificate training available for mental health first aid

What is mental health first aid?

Mental health first aid is the first line of help provided to a person who is developing a mental health problem, experiencing the 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.

Mental Health First Aid certificate course

This is a unique opportunity for your staff to learn Mental Health First Aid with Fleur Heazlewood, one of Australia's most experienced workplace wellbeing, mental health and resilience trainers.

In this course, participants learn the signs and symptoms of adult mental health problems, where and how to provide support and what sort of help has been shown by research to be effective.

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.

Want to know more about the accredited Mental Health First Aid course? https://mhfa.com.au/courses/public/56556

Course Details

Dates: 21st & 22nd May 2020
9:00am - 4:30pm

Venue: Level 7, 99 York Street, Sydney CBD (near Town Hall Station)

Price: $495 +GST inclusive of course manual and materials, and all catering

Enquire or book:
melissa@blueberryinstitute.com or Phone 0422 004 319

Registrations close: 1st May 2020 unless fully booked prior

*Places limited to 24 people