



## BECOME A MENTAL HEALTH FIRST AIDER

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

### STANDARD MHFA TRAINING BENEFITS

#### KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

#### CONFIDENCE

Increases confidence in providing first aid.

#### DE-STIGMATISING

Decreases stigmatising attitudes.

#### SUPPORT

Increases the support provided to others.

*"I enjoyed learning the skills to be an MHFaider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia*



#### LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.

**DATES** Saturday 25, Sunday 26 June

**TIMES** 8.00am - 4.00pm

**COST** FREE

**VENUE** Lawson Shed, Pomona

**FACILITATOR/S** Cortney Smyth



#### HOW DO I SIGN UP?

To register call Pomona Community House on 5485 2427

