Learn how to support an adult developing a mental illness ...or experiencing a crisis.

Why Mental health First aid?
Whilst people often know a lot about common physical health problems, there is widespread ignorance of mental health. Regular first aid courses are recognised as improving the public’s skills in giving initial and appropriate help at medical emergencies but, unfortunately, most of these courses do not address helping with mental health problems. However, mental health problems are common. In Australia, approximately one in five adults will experience a common mental illness in any given year. In light of this, all members of the community can expect to have close contact with someone experiencing a mental illness. Course participants learn about the signs and symptoms of the common and disabling mental health problems, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

What do MHFA Course Participants Learn?
• MHFA courses teach mental health first aid strategies to a person who is developing a mental health problem, or in a mental health-related crisis, until appropriate professional treatment is received or the crisis resolves.

Developing mh problems covered:
• Depression
• Anxiety problems
• Psychosis
• Substance use problems

mh crisis situations covered:
• Suicidal thoughts and behaviours
• Non-suicidal self-injury (sometimes called deliberate self-harm)
• Panic attacks - Traumatic events
• Severe effects of drug or alcohol use
• Severe psychotic states - Aggressive behaviours

TOWNSVILLE
Dates: Thurs/Fri 16th & 17th August 8.45am-4.30pm
Venue: Townsville, Qld. Venue TBA
Fee: $325 (+ 10% GST)
Register Online: www.suicideprograms.org.au/register
Email: sandra@suicideprograms.org.au
Phone: (07)3117 2455, Mobile: 0433 121 999