

Standard Mental Health First Aid

Mental health first aid is the help given to someone dealing with a mental health problem or crisis, until appropriate professional treatment is received or until the crisis resolves. Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Takeaways from this presentation:



Skills to recognise the signs and symptoms of mental health problems



Knowledge of possible causes or risk factors for these mental health problems



Awareness of evidence based medical, psychological and alternative treatments available


**2-Day
Workshop**

MHFA training is associated with improved knowledge of mental illnesses, their treatments, appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increased willingness in reaching out for help.

When: 27-28 November 2023
Time: 8.45am - 4.30pm each day
Where: Goolawah Land Cooperative
Illa Langhi Road, Crescent Head
Cost: \$0 (inc catering)
Book: [HERE](#)
Enquire: Ebanie Martin
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**MENTAL
HEALTH
FIRST AID**
Australia

When you complete an accredited Mental Health First Aid core course (in either face-to-face or blended mode), you will be eligible to receive a digital Certificate of Accreditation as a Mental Health First Aider.

