MENTAL HEALTH FIRST AID Australia

BECOME A MENTAL HEALTH FIRST AIDER
to support older people aged 65+

Many older Australians experience mental health problems. Older Person Mental Health First Aid (MHFA) training will teach you practical skills to support an older person with a mental health problem. Make a real difference to the older people in your community.

OLDER PERSON MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"I found this course extremely enlightening, relevant and helpful. I believe this course is essential to everyone working with older people and also to families, church communities and the community at large." - Shanta

LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in older people
- 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 12th+13th of Dec 2022

TIMES 9am-5pm

COST $28

VENUE Parkland Urangan
74-98 Emerald Parkway

FACILITATOR/S
Erin Beatson
Lilli Campbell

HOW DO I SIGN UP?

Spots are limited, please email your EOI to lilli.campbell@lutheranservices.org.au

(with full name, phone number, email, dietary requirements)

For more information, visit **mhfa.com.au/courses**   @MHFA_Australia   @mentalhealthfirstaid