

Mental Health First Aid

You're invited to attend an invaluable, comprehensive, **Mental Health First Aid Training Day**, which could prove to truly make a difference in your life and the lives of those around you.

Why Mental Health First Aid Matters

Mental health is a critical aspect of overall well-being, yet it's often overlooked or misunderstood. Just as we learn physical first aid to help others in medical emergencies, Mental Health First Aid teaches you how to recognize and respond to mental health challenges in a variety of situations. By equipping yourself with these essential skills, you can make a real difference in the lives of friends, family members, colleagues, or even strangers who may be struggling.

What You'll Learn

Our nationally accredited trainers will cover a wide range of topics, including:

- Understanding common mental health challenges such as anxiety, depression, substance use disorders, and more.
- Recognizing signs and symptoms of mental health crises.
- Providing initial support and guidance to individuals in distress.
- Connecting individuals with appropriate professional help and resources.
- Promoting mental wellness and reducing stigma surrounding mental health.

Who Should Attend

This training is for anyone who wants to make a positive impact in their community or workplace. Whether you're a teacher, healthcare professional, HR manager, parent, student, or simply someone who cares about the well-being of others.

Accreditation

You can complete the short assessment at the end of a course to become an Accredited Mental Health First Aider (MHFAider).
Accreditations are valid for 3 years.

Event Details

- The one day blended course consists of eLearning + an in person 6 hour training day.
- The course is \$220 per person. Morning/Afternoon Tea provided.
- The course will be held on **Saturday 3rd August 2024** from 9:00am to 3:00pm.
- Lunch will be catered by Chickos for an additional cost \$15.00p/p which can be paid prior to or on the day (optional).

Course Content

This course covers common and disabling mental health problems and crisis situations. Participants learn how to apply mental health first aid to adults across a range of situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non-suicidal self-injury
- Traumatic events

How To Register

Register your interest via the NewDay Church Website – Events Tab.

<https://www.newdaychurch.com.au/events/>

Spread the word, Mental health education should be accessible to everyone. Please feel free to share this with friends, family, or colleagues who may also benefit from this training.

Thank you for considering this opportunity to enhance your skills and support the mental well-being of those around you. Together, we can make a difference.

If you have any questions or need further information, please don't hesitate to contact Brad on 0425259298 or brad@unlockingyou.com.au.