

## Mental Health First Aid

The Mental Health First Aid (**MHFA**) course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.

### Workshop aim:

**MHFA** teaches participants about the signs and symptoms of 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.

**MHFA** training focuses on mental health problems such as depression, anxiety, psychosis and substance use

### Facilitators:

The **MHFA** workshop is facilitated by two **MHFA** registered trainers. Our trainers come from diverse backgrounds with extensive experience in training, community service, drug and alcohol and mental health service provision.

### Workshop outline:

- Understanding mental health areas such as; Depression, Anxiety, Psychosis and Substance Use and associated mental health problems
- 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.

### Who should attend?:

Any professional or carer who has the responsibility of working with staff or clients at risk of a mental health crisis.

### Further information:

**Cost:** \$295 (incl. GST) per participant or \$275 (incl. GST) for 2 or more participants from the same organisation, or \$262 for students.

**Dates:** 22<sup>nd</sup> & 23<sup>rd</sup> July 2019\*  
(Hamlyn Heights) *OR*

24<sup>th</sup> & 25<sup>th</sup> September 2019\*\*  
(Dandenong South) *OR*

30<sup>th</sup> September & 1<sup>st</sup> October 2019\*  
(Hamlyn Heights) *OR*

3<sup>rd</sup> & 4<sup>th</sup> December 2019\*\*  
(Dandenong South)

**Time:** 9:00am to 4:30pm  
each day.

### To register:

Please visit the ermha website <http://www.ermha.org/store/product-category/mental-health-first-aid/> to register online.

### Location:

\* **MHFA** training on the 22<sup>nd</sup> & 23<sup>rd</sup> July 2019, and 30<sup>th</sup> November & 1<sup>st</sup> October 2019 are held at:

Vines Road Community Centre  
37-61 Vines Rd  
Hamlyn Heights.

\*\* **MHFA** training on the 24<sup>th</sup> & 25<sup>th</sup> September 2019 and 3<sup>rd</sup> & 4<sup>th</sup> December 2019 are held at:

ermha Head Office; 1st Floor,  
Building G 45 Assembly Drive,  
Dandenong South VIC 3175.

---

### ermha Ltd..

Head Office 1st Floor, Building G 45 Assembly Drive, Dandenong South VIC 3175  
Tel 03 9706 7388 Email [reception@ermha.org](mailto:reception@ermha.org) Web [www.ermha.org](http://www.ermha.org)