



MENTAL HEALTH FIRST AID COURSE – ACCREDITED

In Australia, 1 in 5 adults experience a common mental illness in any given year. Mental First Aid provides people with skills they are most likely to use at one point in their lives. Many people with mental illness delay in seeking professional help. Mental First Aiders can:

- Encourage people to seek professional help early
- Help challenge the stigma associated with mental illness
- Make people that are suffering aware that help is available
- Make a difference to someone that is suffering on a day to day level

This can be useful in the community, workplace and within your personal relationships. This course is accredited with Mental First Aid Australia (12 hours) and CPD point approved with certain professional bodies.

Mental Health First Aid is another means of closing the gap between physical and mental health.

This course covers Mental Health First Aid for:

- Depression
- Anxiety and Panic Attacks
- Suicidal Thoughts and Behaviours
- Psychosis and crisis
- Substance Use Problems
- Eating Disorders
- Non-Suicidal Self-Injury

Dates : 4 x Wednesday evenings – 6:00pm to 9:00pm
1st, 8th, 15th and 22nd August

Fee: \$330.00 (inc. GST) Includes manual.

Venue: Wellness Empowerment and Training Institute
Suite 2/139 Alexander Street
Crows Nest NSW 2065
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**Presented
by:** Eleni Psillakis – Accredited Instructor with Mental First Aid Australia