MENTAL HEALTH FIRST AID TRAINING TWO DAY COURSE

FREE course for carers by Carers Victoria

Carers Australia VIC

This two-day course is designed to assist participants gain the skills and knowledge to help a person who is experiencing a mental health problem, or crisis.

WHO SHOULD ATTEND

The course is specifically for carers.

TOPICS WILL INCLUDE

The key learning objectives of this course include:

How to provide initial support to adults who are

- Developing a mental health problem including:
  - Depression
  - Anxiety problems
  - Psychosis
  - Substance use problems

- Experiencing a mental health crisis including:
  - Suicidal thoughts and behaviours
  - Panic attacks
  - Traumatic events
  - Severe effects of alcohol or other drug use
  - Severe psychotic states
  - Aggressive behaviours

Mental health first aid strategies are taught in evidence-based training courses authorised by Mental Health First Aid (MHFA) Australia and delivered by accredited MHFA instructors across the country. Instructors are accredited by MHFA Australia.

On successful completion of this course, participants will be issued with a certificate of completion.

Please note The course consists of two six hour sessions. Attendance is required for the entire 12 hours. This program is for carers and does not include the supported person.

When
Session 1 Wednesday 11 March
Session 2 Wednesday 18 March

Time 9.30am – 4.30pm
Each session six hours duration, with 45mins for lunch
Participants are welcome to arrive from 9.00am to settle in before 9.30am commencement

Where Carers Victoria
Level 1, 37 Albert Street, Footscray

Cost Free (Lunch will be provided)
Carers Victoria will cover cost of training and catering

Car Parking Available at Footscray Plaza Paisley St Footscray www.carepark.com.au/find-a-care-park/footscray-plaza

BOOKING INFORMATION

To secure your place, visit www.carersvic7131.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #7131.

CARERS VICTORIA EDUCATION SERVICES

T 1800 514 845
E education@carersvictoria.org.au
www.carersvictoria.org.au
f /carersvictoria
🐦 @carersvictoria

MENTAL HEALTH FIRST AID Australia

1863-FEB 2020