

Mental Health First Aid courses for:

- people with lived experience of mental illness
- families and carers

www.mhfa.com.au

2018



This course is conducted by staff from Gold Coast Mental Health Services and teaches you how to assist people who are experiencing a mental health crisis or developing a mental health problem.

What is Mental Health First Aid (MHFA)?

Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis (e.g., the person is suicidal or has had a traumatic experience). Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

What is the Standard Mental Health First Aid course?

Mental health first aid strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and delivered by accredited MHFA Instructors across the country. *Mental Health & Specialist Services* offers MHFA Courses as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.

The Program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in workplace and community settings. Further information and links to MHFA related evaluations can be accessed here: www.mhfa.com.au/evaluation.shtml

Course Content

The Standard MHFA course teaches members of the public how to assist someone who is developing a mental health problem or in a mental health crisis.

Covering: Developing mental health problems

Depression
Anxiety
Psychosis
Substance misuse

Covering: Mental health crises

Suicidal thoughts and behaviours
Non-suicidal self-injury
Panic attacks
Traumatic events
Severe psychotic state
Acute effects from alcohol or other drug misuse
Aggressive behaviours

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Format

This is a two day course. The course involves 12-hours of face to face learning. Course participants receive a Certificate of Completion. When you complete a MHFA Course, you have the opportunity to complete an online Accreditation Assessment. If you pass the Assessment, you will become an Accredited MHFAider and be issued a digital Certificate of Accreditation by MHFA Australia, valid for 3 years. There is no additional fee to sit the online Accreditation Assessment or receive the digital Certificate.

What are the benefits for being an Accredited MHFAider?

- Passing a standardised assessment which assesses your mental health first aid knowledge and skills.
- Automatic reminders in 3 years' time when you are due for Refresher Training.
- Special eNewsletters with resources designed just for MHFAiders.

**Please turn over for
2018 course dates →**

Upcoming MHFA courses:

MHFA courses for people with lived experience, families and carers are being conducted on the following dates:

Monday 12th and 19th February, 2018	Gold Coast University Hospital	Especially for people with lived experience
Monday 12th and 19th March, 2018	Robina Health Precinct	Especially for families and carers
Monday 21st and 28th May, 2018	Robina Health Precinct	Especially for people with lived experience
Monday 9th and 16th July, 2018	Robina Health Precinct	Especially for families and carers
Monday 3rd and 10 th September, 2018	Gold Coast University Hospital	Especially for people with lived experience
Monday 5th and 12th November, 2018	Gold Coast University Hospital	Especially for families and carers

Courses commence at 8.30am and conclude 4.30pm each day. Maximum of 25 participants per course

Places will fill quickly!

Who can attend a MHFA course?

These are offered specifically for people with a lived experience of mental illness and families/carers who are supporting someone who is experiencing mental health challenges. Priority is given to those currently accessing Gold Coast Mental Health Services. This course is not a therapy or support group, rather it is an education course to increase general mental health literacy and skills in helping others who may develop a mental health problem and/or experience a mental health crisis. All instructors of this course are trained by Mental Health First Aid Australia

Registration: Please complete the registration form below and return to:

Cathie Clark (Admin. Officer)

Gold Coast University Hospital – Mental Health Reception, Lower Ground Floor, F Block, 1 Hospital Blvd, Southport, 4215

Tel: 5687 7249

Email: cathie.clark@health.qld.gov.au

Fax: 5687 7835



Registration Form

Name: _____

Address: _____

Phone: _____ Email address: _____

Course dates you would like to attend: _____

- Do you live on the Gold Coast? Yes No
- Are you a person with lived experience of mental illness or mental health challenges? Yes No
- Are you a family member or carer who provides care, support or assistance to a person with mental health challenges? (ie: not in a professional capacity) Yes No

There is no cost to attend this course. Each participant will be supplied with a Mental Health First Aid manual free of charge. Lunch and light refreshments will be supplied

I am aware that in registering for the MHFA course I am expected to attend both days of the training to complete the course and obtain the MHFA Certificate.

Signed: _____ Date: _____