



Mental Health First Aid

Mental Health First Aid training takes a similar approach to physical First Aid training. This course teaches participants about the different types of mental illness and through the practical action plan they learn the skills to respond to someone experiencing a mental health problem or mental health crisis.

Standard training

- Two 6-hour sessions delivered over two days
- Teaches adults how to support a friend, family-member or co-worker.
- Evidence-based, rigorously evaluated and internationally recognised.

Next scheduled dates

Tuesday and Wednesday
31st March - 1st April
9.00am - 3.30pm, both days

Learning outcomes

- Recognise the signs and symptoms of mental health problems
- Initiate a first aid conversation
- Assess for a range of crisis situations
- Provide initial support
- Understand mental illness, risk factors, treatments and supports available
- Apply self care practices

Location: Barkly Square
25-39 Barkly Street, Ballarat

Cost: \$395 per person, lunch included

FAIRGROUND
PSYCHOLOGY AND WELLBEING

CONTACT US

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