



WANT TO HELP the mental health of your community?

Mental Health First Aid Courses are available on the Central Coast for local services, organisations, businesses, government and community members.



Health
Central Coast
Local Health District

Mental Health First Aid is the initial help given to someone experiencing a mental health problem before professional help is sought. Participants will learn the signs & symptoms of common mental health problems, where & how to get help & what sort of help has been shown by research to be effective.



STANDARD MENTAL HEALTH FIRST AID

This 12-hour course aims to train people to assist adults in mental health crisis or in the early stages of a mental health problem.

2013 COURSE DATES

7/8	March
11/12	April
16/17	May
8/9	July
24/25	October
28/29	November



YOUTH MENTAL HEALTH FIRST AID

This 14-hour course aims to train adults to assist young people in mental health crisis or in the early stages of a mental health problem.

2013 COURSE DATES

6/7	February
18/19	April
6/7	June
8/9	August
19/20	September
21/22	November

PLEASE NOTE: THESE COURSES ARE HELD IN GOSFORD AND ARE AVAILABLE TO PEOPLE LIVING OR WORKING ON THE CENTRAL COAST. FOR INFORMATION ABOUT OTHER COURSES OFFERED AROUND AUSTRALIA, VISIT THE MHFA WEBSITE.

FOR MORE INFORMATION OR TO BOOK:

PHONE: 4320 3170 (Mon/Tue/Wed) or EMAIL: ljardine@nscchhs.health.nsw.gov.au

BUSINESS / GOVERNMENT - \$60pp

SPECIFIC COURSE AT OWN PREMISES - \$900 FOR UP TO 16 PEOPLE.

NGO / COMMUNITY MEMBER - \$50pp

SPECIFIC COURSE AT OWN PREMISES - \$750 for up to 16 people.

CCLHD - \$40pp

SPECIFIC COURSE AT OWN PREMISES - \$600 for up to 16 people.

CARERS - \$20pp

CARERS CAN ALSO CONTACT UNITING CARE (4322 1855) or ARAFMI (4369 4233).

For specific courses with more than 16 people, an additional per person charge will apply.



The Aboriginal & Torres Strait Islander MHFA Course, a 14-hour course for people working with Aboriginal & Torres Strait Islanders, is also available. **Contact Lisa** on Ph: 4394 7822 or Email: lhamilton@nscchhs.health.nsw.gov.au for details.

www.mhfa.com.au

• DEPRESSION • ANXIETY • PSYCHOSIS • SUBSTANCE MISUSE •

• SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-INJURY • PANIC ATTACKS • AGGRESSION •