MENTAL HEALTH FIRST AID
Course Information Brochure

BECOME A MENTAL HEALTH FIRST AIDER
to support friends, family members, colleagues and others.

About **1 in 5 Australian adults** experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems

- Provide initial help using a practical, evidence-based Action Plan

- Seek appropriate professional help

- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.

To enquire about this course, contact AFA on 1300 232 348 or info@afa.com.au.

COURSE DETAILS:
This course will run over two days, made up of two 6-hour classes.

COST:
$370 (Paid in full)

Want more info about our upcoming courses? You can contact us on 1300 232 348.

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