



**MENTAL HEALTH  
FIRST AID®**  
Australia

## **BECOME A MENTAL HEALTH FIRST AIDER™**

### **STEPS Education & Training - Gympie**

is pleased to provide **Mental Health First Aid® (MHFA) training** for staff

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 at work and in your personal life.

#### **STANDARD MHFA TRAINING BENEFITS**

##### **KNOWLEDGE**

Improves knowledge of mental illnesses, treatments and first aid actions.

##### **CONFIDENCE**

Increases confidence in providing first aid.

##### **DE-STIGMATISING**

Decreases stigmatising attitudes.

##### **SUPPORT**

Increases the support provided to others.

***"Excellent - a course that as many people as possible should be doing. Should be mandatory in all workplaces to have mental health first aid officers." - Pia***



#### **LEARN PRACTICAL FIRST AID SKILLS**

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

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



#### **HOW DO I SIGN UP?**

Call STEPS Education and Training on 1300 131 965 or email: [training@stepsgroup.com.au](mailto:training@stepsgroup.com.au)

#### **DATES**

25 September - 26 September  
13 November - 14 November

#### **TIMES**

9:00am - 4:00pm each day

#### **COST**

\$285

#### **VENUE**

Shops 1&2, 23-25 Bulcock Street, Caloundra 4551

#### **FACILITATOR/S**

STEPS Education and Training

