



**MENTAL HEALTH  
FIRST AID®**  
Australia

## 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.

### 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.

*"I enjoyed learning the skills to be an MHFAider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia*



#### 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** 28-29 Sep | 26-27 Oct | 23-24 Nov

**TIMES** 9:00am-3:30pm each day

**COST** \$285 pp

**VENUE** STEPS Training Room:  
25 Bulcock Street Caloundra

**FACILITATOR/S**  
STEPS Education and  
Training

