

FREE* Mental Health First Aid Course

What is Mental Health First Aid?

Mental Health First Aid is the help given to someone developing a mental health problem

This training will help you to identify when someone might be developing a mental illness or is experiencing a mental health crisis and provide appropriate support.

Developing mental health problems covered:

- Depression
- Anxiety
- Psychosis
- Substance misuse

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (self-harm)
- Panic attacks
- Traumatic events
- Severe psychotic states
- Acute effects from alcohol or other drug misuse
- Aggressive behaviours

Where: Warrawong Community Centre.

9 Greene st Warrawong

Date: Mon 30th Oct and Thurs 2nd November

Time: 9:00- 3:30pm

Attendance required on both days

Morning tea, lunch and afternoon tea included.

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Having these skills can assist to reduce your own stress too.



*This course is **free** for **Social Housing** Tenants. (Housing NSW, Housing Trust. Southern Cross Housing and AHO)

RSVP essential **Call Donna 1300 559 557**. Please also advise of any special dietary needs when booking.