



## 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.

### 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.

The Blended Community course is offered in a blended format with an eLearning and a separate instructor-led component (delivered face-to-face or via videoconferencing). See below for details.



#### 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 an educational course, not a therapy or support group.

**DATES** Friday 15th March

**TIMES** 9.00am to 4.00pm

**COST** Sponsored by KBCCI for Members

**VENUE** KBCCI Boardroom  
58 Egan St, Kalgoorlie

#### FACILITATOR/S

Frank Jacobsen - RCS Goldfields



#### HOW DO I SIGN UP?

Click [here](#) to register on Eventbrite.

For more information, visit [mhfa.com.au/courses](https://mhfa.com.au/courses)



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