



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.

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. Nepean Blue Mountains Primary Health Network supporting Everyday Leaders and Trusted advocates. Eligibility is 18 years old and above.*

Choose: **1. Lithgow:** Wednesday 26th & Thursday 27th April 2023,
9am to 4pm on both days
Lithgow Transformation Hub, Mort & Bridge St, Lithgow

2. Hawkesbury: Monday 8th & Tuesday 9th May 2023,
9am to 4pm on both days
Richmond Community Services Inc. 20 West Market Street,
Richmond NSW 2753

3. Blue Mountains: Wednesday 24th & Thursday 25th May 2023,
9:30am to 4:30pm on both days
Katoomba RSL, 86 Lurline Street, Katoomba NSW 2780

Register: <https://lifelinecentralwest.org.au/event/ELmhfa>

For more information: call 1300 798 258 or email training@lifelinecentralwest.org.au

This activity is supported by Nepean Blue Mountains Primary Health Network (NBMPHN), as part of the Australian Government's response to the 2019/20 bushfires. Wentworth Healthcare is the provider of NBMPHN