



Mental Health First Aid

2 Day Course (13 Hours)

Course Dates:

Shepparton

04/06/2009 & 05/06/2009

School of Rural Health

Graham St Shepparton

9:00 — 4:30

Course Content:

- ◆ Suicidal Ideation
- ◆ Acute stress reaction / Panic attacks
- ◆ Acute psychosis
- ◆ Depression
- ◆ Anxiety disorders
- ◆ Schizophrenia
- ◆ Bipolar disorder
- ◆ Substance Use Disorder

What is Mental Health

First Aid?

First Aid is the help given to an injured person before medical treatment can be obtained.

Mental Health First Aid (MHFA), is the help given to someone developing a mental health problem or in a mental health crisis. This first aid is given until appropriate professional treatment is received or until the crisis resolves.

What you can get from this course:

Participants will learn how to identify the signs and symptoms, where and how to get help & what sort of help has been shown to be effective.

- ◆ **Mental Health** problems are common, with approximately 20% of individuals experiencing problems in any one year.
- ◆ **A stigma is associated with** mental health problems that stop some from seeking help.
- ◆ **Most people do not recognise the signs** of mental health leading people to be largely unsupported, particularly in rural communities where access can be an issue.
- ◆ Given the high prevalence, you probably know a number of people either in your work setting or life who are experiencing mental illness.

Who can attend?

Anyone can attend. It should be noted that this is NOT a substitute for seeking professional help and participants are not trained to be counsellors. It is an education course.

Course Cost:

\$12.00 for the 2 day course including morning/afternoon tea, lunch, a manual and certificate of attendance.

The Five Step Action Plan for

MHFA:

- **Assess the risk** of suicide or self harm
- **Listen non-judgmentally**
- **Give reassurance & information**
- **Encourage the person to get the appropriate professional help**
- **Encourage self-help strategies**

For further information or to reserve your place please contact Louise Devenyns at the Goulburn Valley Division of General Practice

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