



**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.

“Michaela and Jen have set the bar so high! From the minute I arrived I felt welcomed by such a safe comfortable learning environment. For a hands-on learner like myself it was interactive and engaging and highly enjoyable! I learnt so many new skills and knowledge that I can take with me into my everyday life both professionally and personally. These ladies have so much passion and knowledge to give”



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?

ONLINE BOOKINGS www.aatranquil.com.au
EMAIL FOR INVOICE: aatranquil@gmail.com

2024 DATES Feb 5th & 6th
May 7th & 14th
July 8th & 9th
September 9th & 10th
November 18th & 25th

TIMES 9.00am-4.30pm

COST \$300 p/p

VENUE AAT- ALL ABOUT TRANQUIL
Tranquillity Crescent Bridgewater

FACILITATOR/S Michaela Mitchell (Social Worker)
&
Jennifer Oak



FIND US ON FACEBOOK **“AAT- All About Tranquil Health and Wellbeing”** - we share tips, resources, giveaways & more