

Mental Health First Aid Training

Free ADULT and YOUTH Mental Health First Aid training - any interested person can attend

NB: this course is not a therapy or support group, it is an education course.

For a information visit our website at

[http://www.bsdgp.com.au/page/Community/Mental Health First Aid](http://www.bsdgp.com.au/page/Community/Mental_Health_First_Aid)

This 14 hour course is designed to train participants to assist people in crisis situations and/or in the early stages of mental health problems.

Crisis situations covered are:

- Suicidal behaviour
- Self harm
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental health problems covered are:

- Depression
- Anxiety disorders
- Psychosis
- Substance use
- Eating disorders
- Schizophrenia
- Bipolar disorder

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.

Register your interest in attending this FREE training by completing this section and send to details below. You will then be contacted once training dates are confirmed.

Name: _____

Organisation: _____

Phone Contact: _____

Email Address: _____

For further information, please contact:

Ellen Heathwood on ph: [07] 3306 1059 or fax: [07] 3274 1930,
or by email at eheathwood@bsdgp.com.au