

# Mental Health First Aid (MHFA) –Certificate

Tuesday 4th and 11th October 2016 (Two day course)

9.30am to 4.00pm each day

Rochester Racecourse Recreation Reserve, Northern Highway, Rochester

## Learning Outcomes:

- How to assist someone who is developing a mental health problem or in a mental health crisis
- Increased understanding of mental health problems such as depression, anxiety problems, psychosis and substance abuse problems.
- Increased understanding of health crises including, suicidal thoughts and behaviours, non-suicidal self-injury, panic attacks, traumatic events, severe psychotic states, severe effects from alcohol or other drug use, aggressive behaviours.

## Presented by:



After many years teaching, Ruth Turpin has been working for the last 7 years in the public health area supporting drought and then flood affected communities with a variety of outreach work and mental health and wellbeing initiatives for individuals, groups and communities. She has been a qualified MHFA facilitator for over ten years. Ruth takes a practical and holistic approach to delivery of MHFA workshops.

**Registration Form-** Please register by Tuesday 27<sup>th</sup> September 2016. Bookings are essential. To register your attendance please book online through *Try Booking* :

go to <http://www.trybooking.com/187173>

- Campaspe PCP members and registered Murray Welcoming Businesses \$80
- Non members and all other business \$135

This Mental Health Aid Course is being bought to you through the Socially Inclusive Communities Program. This program is funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for further information.

Socially Inclusive Organisations

