

MENTAL HEALTH FIRST AID

with Rosie Bartlett

23-24 Sept 2021

Uni Hub Spencer Gulf
97 Ellen St, Port Pirie



Mental Health First Aid is a nationally recognised, evidence-based course which provides you with the skills and confidence to have supportive conversations. It has been proven to increase knowledge, enable early intervention and reduce stigma.



Who is it for?

Anyone who wishes to raise the level of awareness of mental health issues, provide support to people professionally and personally, and learn how to connect people to help

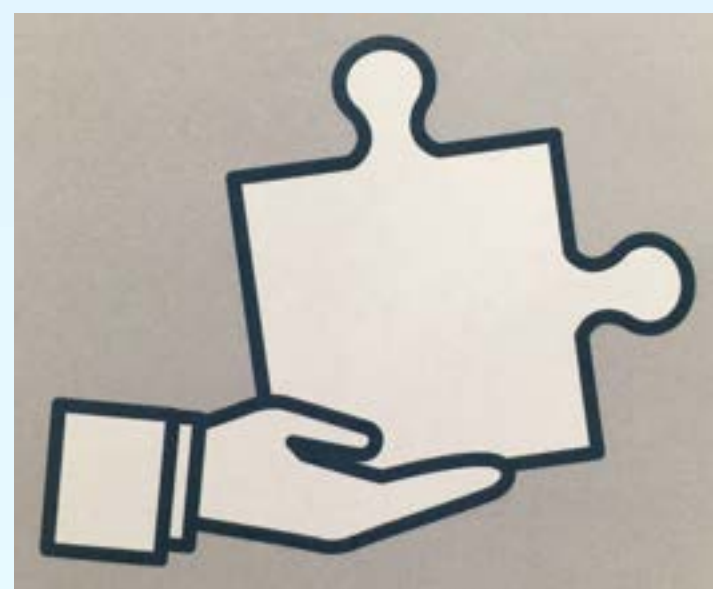
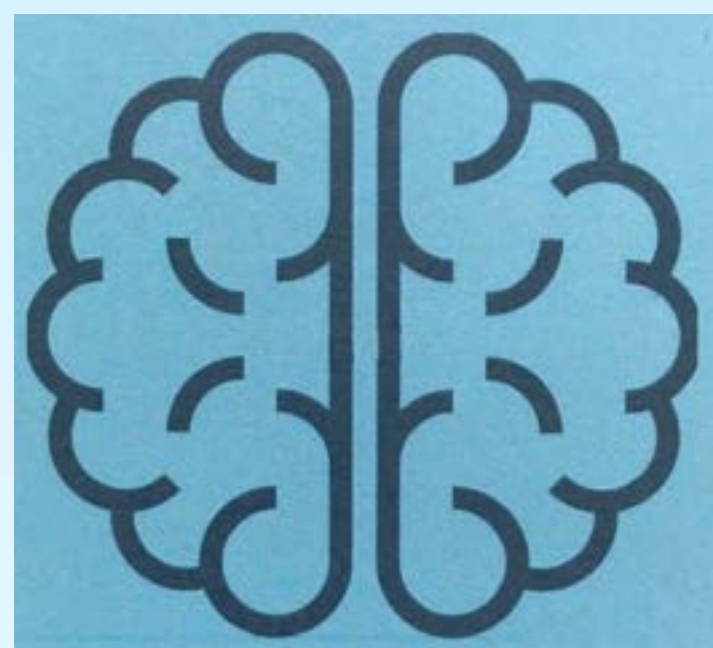
What will I learn about?

Common Mental Health Problems:

- Depression
- Anxiety
- Psychosis
- Substance Use Disorders

Skills to respond to crisis situations such as:

- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe and mild psychotic states
- Aggressive behaviour
- Intoxication



\$245 for 2 days
9am to 4.30pm



On completion of the course, you will gain a nationally recognised certification for three years as an accredited Mental Health First Aider.

Phone 8656 9951 or email admin@unihubsg.org to register