



BECOME A MENTAL HEALTH FIRST AIDER

to support older people aged 65+

Many older Australians experience mental health problems. Older Person Mental Health First Aid (MHFA) training will teach you practical skills to support an older person with a mental health problem. Make a real difference to the older people in your community.

OLDER PERSON 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.



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in older people
- 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?

DATES

TIMES

COST

VENUE

FACILITATOR/S

For more information, visit mhfa.com.au/courses



@MHFA_Australia



@mentalhealthfirstaid