

Free Mental Health First Aid Training



What is Mental Health First Aid?

Mental Health First Aid (MHFA) is the help provided to a person who is developing a mental health problem, experiencing the worsening of a mental health problem, or who is in a mental health crisis. The first aid is given until the appropriate professional help is received, or the crisis resolves.

Participants will learn the signs and symptoms of mental health problems. You will learn how to support someone who may be presenting with mental health concerns and will learn what sort of help has shown (by research) to be effective.

What topics are covered in the training?

Developing mental health problems

- > Depression
- > Anxiety problems
- > Psychosis
- > Substance abuse problems

Mental health crises

- > Suicidal thoughts and behaviour
- > Panic attacks
- > Severe psychotic states
- > Severe effects from alcohol or drugs
- > Aggressive behaviours

Training details

A free two-day course. Morning and afternoon tea will be provided. BYO lunch.

When

Day 1: 19 Aug 2025

Day 2: 20 Aug 2025

Where

Mareeba Community Centre,
39 Byrnes Street, Mareeba,
QLD 4880

Time

9.00am to 4.00pm

For enquiries

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To learn more visit
mhfa.com.au/



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