

## ***Would you like to help the mental health of your community?***

Mental Health First Aid is a 2 day course which teaches first aid skills for mental health crisis situations and the early stages of mental health problems. The course provides information and resources about depression, suicidal behavior, post-traumatic stress disorder, panic attacks, psychotic disorders, substance use disorder and other types of mental illness.

### **Standard courses will be held on:**

May 9 & 16 2023

September 6 & 13 2023

October 24 & 31 2023

November 22 & 29 2023

### **Youth courses will be held on:**

May 23 & 30 2023

September 5 & 12 2023

October 11 & 18 2023

### **Older Person courses will be held on:**

March 14 & 21 2023

August 8 & 15 2023

All Sessions timing will be 9:30am to 5pm

### **Cost per person:**

\$280.00 – General public & external organisations

\$180- BH employee (Standard MHFA is free for 2023 for all BH employees)

\$180.00 - Students & pension/concession card holders

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