



MENTAL HEALTH FIRST AID SKILLS FOR LIFE

COURSE DATES FOR 2022



LEARN PRACTICAL FIRST AID SKILLS

The Standard Mental Health First Aid is a twelve-hour educational course, which teaches practical skills to provide initial support to adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a proven, evidence based Action Plan.

Conducted over 2 days, participants will

- Learn how to recognise common mental health problems
- Improve knowledge of mental illnesses, their treatments and appropriate first aid actions
- Increase confidence to provide first aid
- Learn where and how to seek appropriate professional help
- Know how to respond in a crisis situation

Training will be conducted by National and State LiFE Award winner, Wendy French. Wendy is a Master Instructor who has presented Mental Health, Suicide Prevention and Suicide Bereavement training in various communities around Australia and has spoken and presented at various National and International conferences and forums.

What others say:

"I found Wendy to be so engaging and informative...I was worried that two days would be a long time to spend on this topic but not any stage did I lose focus or feel uninspired, thanks Wendy"

"I cannot commend Wendy French highly enough! A very competent and authoritative presenter of the course material. She has a gentle manner and it's obvious to see how much she cares about her audience."

"The best trainer I have come across in 30 years in the work force. Warm, open, knowledgeable, experienced, interesting, interested and instructive."

"One of the better courses I have attended. Well done, most enjoyable for a very serious issue in the country at the moment."

"Wendy is one of the best facilitators I have learnt from. She has a warm and genuine nature while remaining focused, knowledgeable and professional. I can't speak highly enough of her and everyone in the session was saying the same thing"

Recognising Commitment to MHFA in the Workplace – Talk to Wendy about having your organisation recognised as a MHFA Skilled Workplace or for information about implementing MHFA Officers in your workplace.

Light morning and afternoon tea are provided.
For all enquiries please email: wendy@talkingabout.net.au
or phone: 0412 468 666

Bookings: see next page

* Exclusive courses can be conducted in your workplace (minimum charge of 10 participants).



**MENTAL
HEALTH
FIRST AID**
Australia

Mental Health First Aid Courses 2022

HOBART - HIA BUILDING, 30 BURNETT ST, NORTH HOBART
9.30am - 4.30pm

February Thu 10th - Fri 11th

BOOK NOW

June Thu 16th - Fri 17th

BOOK NOW

October Thu 27th - Fri 28th

BOOK NOW

LAUNCESTON - LAUNCESTON CONFERENCE CENTRE, 50 GLEN DHU ST, STH LAUNCESTON
TIME: 9.30am - 4.30pm

March Mon 7th - Tue 8th

BOOK NOW

Aug Mon 1st - Tue 2nd

BOOK NOW

Oct/Nov Mon 31st - Tue 1st

BOOK NOW

ULVERSTONE - Meeting Rooms at rear of Reformed Church, 36 John Street, Ulverstone
TIME: 9.30am - 4.30pm

March Mon 21st - Tue 22nd

BOOK NOW

July Mon 18th & Tue 19th

BOOK NOW

November Mon 14th - Tue 15th

BOOK NOW

\$250 (+ gst) per person

**Courses can fill quickly. If the date you are interested in has sold out please direct enquiries to : wendy@talkingabout.net.au or Phone: 0412 468 666. If there is enough interest, additional dates may be promulgated. Exclusive courses can be conducted in your workplace (*min charge 10 participants)*

REFRESHER - Standard Mental Health First Aid (4 HOURS)

**Pre-requisite completion of 12-hour Standard MHFA*

HOBART - HIA BUILDING, 30 BURNETT ST, NORTH HOBART
TIME: 12.30pm - 4.30pm

May Fri 6th

BOOK NOW

LAUNCESTON - LAUNCESTON CONFERENCE CENTRE, 50 GLEN DHU ST, STH LAUNCESTON
TIME: 12.30pm - 4.30pm

July Mon 11th

BOOK NOW

ULVERSTONE - Meeting Rooms at rear of Reformed Church, 36 John Street, Ulverstone
TIME: 12.30pm - 4.30pm

June Mon 6th

BOOK NOW

\$180 (+ gst) per person

For all enquiries please email: wendy@talkingabout.net.au

Phone: 0412 468 666

Terms & Conditions:

Bookings are transferable but are non-refundable. Courses are promulgated in advance and are dependent upon minimum numbers. If sufficient numbers are not available, the course will be cancelled and tickets may be transferred to a future course or money will be refunded.