

# MENTAL HEALTH FIRST AID

## Public courses 2025



### Learn Practical Skills

The Standard Mental Health First Aid course is a 12-hour program conducted over two days. Participants will:

- Recognise common mental health problems.
- Gain knowledge about mental illnesses, treatments, and first aid actions.
- Increase confidence in providing a safe listening space.
- Learn how to seek professional help effectively.
- Respond appropriately during a crisis.

Instructor: Wendy French

- National and State LiFE Award Winner

- Principal Master Instructor Mental Health First Aid and Suicide Prevention training

### Testimonials

*"The best professional development I've ever completed. Thank you, Wendy!"*

*"Engaging, informative, and inspiring over two days."*

*"Wendy's knowledge and warmth make her an exceptional trainer."*

### Course Dates and Locations

LOCATION	DATE & TIME	TO BOOK
<b>ULVERSTONE</b> Surf Lifesaving Club, Beach Road, Ulverstone	<b>MARCH 13th &amp; 14th</b> 9.30am –4.30pm	<b>CLICK <a href="#">HERE</a> TO BOOK NOW</b>
<b>LAUNCESTON</b> Launceston Conference Centre 50 Glen Dhu St Launceston	<b>MARCH 27TH &amp; 28TH</b> 9.30 am–4.30pm	<b>CLICK <a href="#">HERE</a> TO BOOK NOW</b>
<b>HOBART</b> HIA Building, 30 Burnett Street North Hobart	<b>APRIL 3RD &amp; 4TH</b> 9.30am—4.30pm	<b>CLICKE <a href="#">HERE</a> TO BOOK NOW</b>

### Contact and Registration

For more information or to book:

Email: [wendy@talkingabout.net.au](mailto:wendy@talkingabout.net.au)

Phone: **0412 468 666**