



MENTAL HEALTH FIRST AID SKILLS FOR LIFE



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

Training will be conducted by National and State LiFE Award winner, Wendy French. Wendy is a Principal 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 *“This is the best Professional Development I have ever completed. Thank you Wendy.*

“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.”

“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.

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

For all enquiries please email: wendy@talkingabout.net.au
or phone: 0412 468 666

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

March Thu 21st – Fri 22nd

BOOK NOW

July Thu 25th – Fri 26th

BOOK NOW

November Thu 21st – Fri 22nd

BOOK NOW

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

April Thu 11th – Fri 12th

BOOK NOW

August Thu 1st - Fri 2nd^h

BOOK NOW

October Mon 28th – Tue 29th

BOOK NOW

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

March Mon 4th – Tue 5th

BOOK NOW

July Mon 8th & Tue 9th

BOOK NOW

November Mon 11th – Tue 12th

BOOK NOW

\$295 (+ 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 to have completed 12-hour Standard MHFA*

HOBART - HIA BUILDING, 30 BURNETT ST, NORTH HOBART
TIME: 12.30pm – 4.45pm

May Fri 24th

BOOK NOW

LAUNCESTON – LAUNCESTON CONFERENCE CENTRE, 50 GLEN DHU ST, STH LAUNCESTON
TIME: 12.30pm – 4.45pm

June Wed 5th

BOOK NOW

ULVERSTONE - Meeting Rooms at rear of Reformed Church, 36 John Street, Ulverstone
TIME: 12.30pm – 4.45pm

May Mon 27th

BOOK NOW

\$190 (+ 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. *see booking site for details. 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.-*

