



# MENTAL HEALTH FIRST AID SKILLS FOR LIFE

## PUBLIC COURSE DATES FOR 2024



### 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 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.

Light morning and afternoon tea are provided.

For all enquiries please email: [wendy@talkingabout.net.au](mailto:wendy@talkingabout.net.au)  
or phone: 0412 468 666

**Bookings: see next page**

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

**March** Thu 21<sup>st</sup> – Fri 22<sup>nd</sup>

**BOOK NOW**

**July** Thu 25<sup>th</sup> – Fri 26<sup>th</sup>

**BOOK NOW**

**November** Thu 21<sup>st</sup> – Fri 22<sup>nd</sup>

**BOOK NOW**

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

**April** Thu 11<sup>th</sup> – Fri 12<sup>th</sup>

**BOOK NOW**

**August** Thu 1<sup>st</sup> - Fri 2<sup>nd</sup><sup>h</sup>

**BOOK NOW**

**October** Mon 28<sup>th</sup> – Tue 29<sup>th</sup>

**BOOK NOW**

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

**March** Mon 4<sup>th</sup> – Tue 5<sup>th</sup>

**BOOK NOW**

**July** Mon 8<sup>th</sup> & Tue 9<sup>th</sup>

**BOOK NOW**

**November** Mon 11<sup>th</sup> – Tue 12<sup>th</sup>

**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](mailto: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 24<sup>th</sup>

**BOOK NOW**

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

**June** Wed 5<sup>th</sup>

**BOOK NOW**

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

**May** Mon 27<sup>th</sup>

**BOOK NOW**

**\$190 (+ gst) per person**

For all enquiries please email: [wendy@talkingabout.net.au](mailto: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.-*

