

# Mental Health First Aid training

Primary health care provider EOI

Standard Mental Health First Aid (MHFA) training helps mobilise and empower adults in the workplace and community by equipping them with the skills, knowledge, and confidence to recognise, understand, and respond to another adult experiencing a mental health problem or mental health crisis.

Join Empowered Forward Facilitator Jessica O'Connor to learn practical MHFA skills, knowledge, and responses.

Standard MHFA training benefits:

- improves knowledge of mental illness, treatments, and first aid actions
- increases confidence in providing first aid
- decreases stigmatising attitudes
- increases the support provided to others.

Learning outcomes:

- recognise common mental health problems
- provide initial help using a practical, evidence-based action plan
- seek appropriate professional help
- respond in a crisis situation.

Available places are limited. To secure your place, and for catering purposes, submit an expression of interest (EOI) by 4pm, Monday 28 August 2023.

*This is a 12-hour educational course, not a therapy or support group.*

## Proposed dates

Townsville

Thursday 19 October  
Friday 20 October

Mackay

Thursday 26 October  
Friday 27 October

Cairns

Wednesday 8 November  
Thursday 9 November

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## Time

Registration: 7.45am  
Program: 8am–3.30pm

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## Register online

[www.surveymonkey.com/r/VSNQHRK](http://www.surveymonkey.com/r/VSNQHRK)