



Mental Illness Fellowship of North Queensland presents Mental Health First Aid

Where: Picnic Bay Surf Life Saving Club Strand Headland Townsville

When: 3 x 2 day workshops
8/9 May, 12/13 June & 10/11 July 2007

Cost: \$250-00 per participant
Includes morning tea, lunch, afternoon tea and MHFA manual.
Concessions and discounts available to NGO and community members on application

Time: 9-00am until 4-00pm

Facilitators: Philippa Harris
Manager & Community Educator
and Barbara Anderson
Community Psychologist

Contact: 47253664
Email: fellowship@mifnq.org.au

Numbers are limited

Further information available at www.mhfa.com.au



MENTAL HEALTH FIRST AID

What is Mental Health First Aid?

Mental Health First Aid is the help provided to a person developing a mental health problem or who is suffering a mental health crisis. The help is given until appropriate professional help is received or until the crisis resolves.

What are mental health problems?

The most common and disabling mental health problems are depression, anxiety disorders and psychotic disorders

What this course covers?

- 5 Steps of MHFA
- Suicide
- Panic Attacks
- Psychotic Behaviors
- General Skills