

DO YOU KNOW HOW TO HELP A COLLEAGUE IN NEED?

Learn how to help someone in a crisis with our on-site

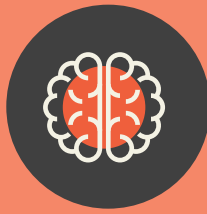
MENTAL HEALTH FIRST AID TRAINING

Accredited educators will help individuals recognise the signs and symptoms of mental health problems in adults, including mental health crisis situations. Topics covered in these sessions include:

- DEPRESSION
- ANXIETY
- PANIC ATTACKS
- SUICIDAL THOUGHTS
- SUICIDAL BEHAVIORS



(cu)health
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**ANYONE CAN HAVE A CONVERSATION THAT MAY
SAVE A LIFE.**

EVERYONE SHOULD KNOW HOW.

Mental Health First Aid (MHFA) skills based, early-intervention training programs empower your staff by equipping people with the knowledge and confidence to recognise, connect and respond to someone experiencing a mental health problem or mental health crisis.

All attendees receive a copy of the MHFA Manual and upon successful completion receive an Official Mental Health First Aider Certificate

2 FULL DAYS (9 - 5 PM) FACE TO FACE TRAINING

**MINIMUM ATTENDEES 6
MAXIMUM ATTENDEES 20**