

FREE COURSE

Do you know what to do
when someone isn't
coping?

How would you help?

Accredited to deliver MHFA
Courses by MHFA Australia



**MENTAL
HEALTH
FIRST AID**
www.mhfa.com.au

FREE 2 DAY TRAINING

DATE: Friday 15th and
Friday 22nd June, 2018

Participants **must** attend
both days

TIME: 9am - 4pm

VENUE:

The Bairnsdale Hub: Rm 7
20 Dalmahoy St
Bairnsdale

*Lunch and course
manual provided*

THIS COURSE WILL TEACH YOU HOW TO:

- Identify and approach someone that you are concerned about.
- Give help and support to someone experiencing a mental health problem.
- Respectfully listen and understand.
- Take action if a crisis situation arises.
- Pass on information about getting treatment.

This accredited course is based on international guidelines. See the attached flyer for more info.

Trainer: Megan Kenny

Accredited Mental Health First Aid Trainer

Bookings Essential! Book via. [https://
junebdalemhfat2018.eventbrite.com.au](https://junebdalemhfat2018.eventbrite.com.au)

East Gippsland Primary Care Partnership on
03 5153 0149



The Bairnsdale Hub's support of this project is appreciated