



WANT TO HELP the mental health of your community?

Attend a 12-hour Standard Mental Health First Aid (SMHFA) Course

This course teaches first aid skills for adult members of the public to give initial help to adults experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.


- Where:** Margaret River
- When:** Monday 6th and Monday 13th February 2017
- Instructor(s):** Nicola Hilyard, GP down south accredited MHFA trainer
- Cost:** Free to family carers – see additional information below.

If you're interested in attending this 12-hour SMHFA course, please contact:

- Contact name:** Marie Stillwell – GP down south Busselton
- Phone:** 9754 3662
- Email:** mhteam@gpdownsouth.com.au

Additional information: GP down south has been funded by the WA Mental Health Commission to provide this training to family carers. A family carer is someone who provides unpaid care and support to a family member or friend who has a chronic illness or disability, a mental health concern, or is frail aged and living in the community.

To register your interest in attending, or for further information, please contact GP down south.



For further information about Mental Health First Aid Australia, please visit our website at: www.mhfa.com.au

www.mhfa.com.au

• DEPRESSION • ANXIETY PROBLEMS • PSYCHOSIS • SUBSTANCE USE PROBLEMS •
• SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-INJURY • PANIC ATTACKS • AGGRESSION •