

Standard Mental Health First Aid

What is Standard Mental Health First Aid?

Mental health first aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

Accreditation

The Standard Mental Health First Aid (MHFA) is an accredited course based on the international MHFA Guidelines.

Date: 3 & 4 March 2022
Venue: WA Centre for Rural Health
167 Fitzgerald St, Geraldton
Time: 9.00am-4.00pm (both days)
RSVP: admin-wacrh@uwa.edu.au
(one week prior to event)
Tel: 9956 0200
Cost: \$150
Includes training manual.
Morning tea and lunch provided.

About the facilitator

This two-day workshop is facilitated by WACRH's Mental Health Academic Chantal Crinquand, who comes from a mental health nursing and counselling background. Chantal has extensive experience in facilitating mental health workshops and is an accredited master instructor.

Why do this workshop?

The program has been well evaluated both in workplace and community settings and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours.

Employers are encouraged to support their employees to attend this workshop.

Concession assistance available.



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