



# CENTRAL COAST Standard Mental Health First Aid **2-DAY COURSE**

**Mondays, 8 and 29 April**

Central Coast Leagues Club  
1 Dane Drive, Gosford

9.00am to 4.30pm

**Numbers strictly limited!**

**12 CPD Hours**

**Target: ALL**

**Members \$190**

**Non-Members \$380**

Lunch and refreshments provided

**This 12-hour course teaches adults how to provide mental health first aid to friends, family & co-workers.**

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crises resolves.

## **WHAT IS THE STANDARD MENTAL HEALTH FIRST AID COURSE?**

The standard Mental Health First Aid (SMHFA) course is based on the international SMHFA Guidelines. Curriculum content is evidence-based, with the input of mental health professionals, researchers and consumer advocates.

**COURSE CONTENT:** The SMHFA course teaches adults how to provide initial support to adults who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or mental health crises.

### **Developing mental health problems:**

- Depression; anxiety problems; psychosis; substance use problems.

### **Mental health crises:**

- Suicidal thoughts and behaviours; non-suicidal self-injury; panic attacks; traumatic events; severe psychotic states; severe effects from alcohol or other drug use; aggressive behaviours.

**COURSE FORMAT:** This is a 12-hour course with flexible delivery. Participants receive a copy of the SMHFA Manual and are eligible to become an accredited Mental Health First Aider.

## **WHO CAN ATTEND A SMHFA COURSE?**

Any interested adult can attend, there are no prerequisites for the course.

**WHY ATTEND A SMHFA COURSE:** As a participant, you will gain improved knowledge of mental illnesses and their interventions, knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with a mental health problem. Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.



**REGISTER ONLINE [bit.ly/educationNSWNMA](http://bit.ly/educationNSWNMA)**

Attendance at NSWNMA education sessions may count towards your Continuing Professional Development (CPD) hours. The number of hours noted beside each course is the maximum amount of claimable CPD hours. Unless otherwise noted, our courses are suitable for all Nurses, Midwives and Assistants in Nursing/Midwifery.