



An award-winning  
12-hour course  
developed to help  
the community understand  
& support people with  
a mental health issue

## 2010 Courses -

- \* 16-17 February
- \* 16-17 March
- \* 20-21 April
- \* 18-19 May
- \* 22-23 June
- \* 20-21 July
- \* 17-18 August
- \* 21-22 September
- \* 19-20 October
- \* 16-17 November

Developed at the Centre for  
Mental Health Research, ANU  
2001 by Betty Kitchener  
and Professor Tony Jorm.

*The Australian & New Zealand  
Mental Health Services  
Achievement Award 2003*

Presented by the Mental Health  
Association of Central Australia



and the Central Australia  
Mental Health Service



# Mental Health *First Aid:*

## working with people with mental health issues

### What is Mental Health First Aid?

First Aid is the help given to an injured person before medical treatment can be obtained. 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.

### Why Mental Health First Aid training?

There are many reasons why people need MHFA:

- mental health problems are common
- there is stigma associated with mental health problems
- many people do not recognise mental health problems
- professional help is not always available
- many people do not know how to help

### Course content

The course, broken into 4 x 3-hour modules, covers helping people in mental health crisis situations and/or in the early stages of mental health problems.

#### Crisis situations covered are:

- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

#### Mental health problems covered are:

- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder

Participants will learn the signs & symptoms of these mental health problems, how to respond in crisis situations and where and how to get help. The course also helps to dispel some of the myths and stigma surrounding mental illness.

### Who should attend?

This course will benefit all members of the community, and in particular - teachers, police, nurses, case managers, social welfare staff, support workers and employment agency staff, as well as business and local government employees.

**Cost:** MHACA members \$80 / Non-members \$90 / Concession \$60

**Time:** 9.00am - 4.00pm each day (lunch not included)

**Venue:** Coolibah Function Room, Alice Springs Resort (East side of carpark, next to Fountain Court Rooms)

**Registration:** Applications close one week prior to each workshop and are accepted on a first in, first serve basis. *Please check availability prior to booking.*

**For more info:** Contact MHACA on 8950 4600 [kylie.humrick@mhaca.org.au](mailto:kylie.humrick@mhaca.org.au)

[www.mhfa.com.au](http://www.mhfa.com.au)



# Mental Health First Aid Registration Form 2010

**Tax Invoice**  
**ABN 91 804 704 259**

This registration will become a Tax Invoice/receipt on payment

## 2010 Course dates:

- |   |  |
|---|--|
| <input type="checkbox"/> 16-17 February | <input type="checkbox"/> 20-21 July      |
| <input type="checkbox"/> 16-17 March    | <input type="checkbox"/> 17-18 August    |
| <input type="checkbox"/> 20-21 April    | <input type="checkbox"/> 21-22 September |
| <input type="checkbox"/> 18-19 May      | <input type="checkbox"/> 19-20 October   |
| <input type="checkbox"/> 22-23 June     | <input type="checkbox"/> 16-17 November  |

## Participant details:

First name: \_\_\_\_\_ Surname: \_\_\_\_\_  
Organisation: \_\_\_\_\_  
Position/Title: \_\_\_\_\_  
Address: \_\_\_\_\_  
Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Email: \_\_\_\_\_

## Payment details:

- MHACA member: \$80       Non-member \$90       Concession \$60  
If a non-member, would you like to receive information about MHACA & membership?  Yes  No

Please forward tax invoice for above amount to above address OR

Enclosed is my payment of \$\_\_\_\_\_ Please indicate method of payment below:

- Direct deposit to:* Mental Health Association of Central Australia  
BSB: 633 000  
Account No: 1196-89974  
Bank: Bendigo Bank, Fountain Court, Bendigo  
Reference: Use your Surname & date of MHFA training as reference  
Confirmation: Send email to [kylie.humrick@mhaca.org.au](mailto:kylie.humrick@mhaca.org.au) to confirm details of your deposit

Cheque or  Money Order (make payable to Mental Health Association of Central Australia)

**To book fax this form to MHACA:** (08) 8953 5577

**And if pay by cheque send to:**

Finance Officer: MHACA  
PO Box 2326  
Alice Springs NT 0871

