

# Mental Health *Awareness*



## MENTAL HEALTH FIRST AID AUSTRALIA

This course teaches you to provide initial support to other friends, family members and co-workers who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical evidence based Action Plan.

### **The mental health problems covered:**

Anxiety problems, Depression, Psychosis, Substance Use problems

**Mental Health Crises covered:** 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

*Note: this course is not a therapy or a support group*

## MENTAL HEALTH FIRST AID AUSTRALIA COURSES

**Face to face – maximum 12 participants – add GST to costs – includes manual**

**MHFA – standard – 2 days - \$2000 a course /\$260 a person**

**MHFA Refresher – 4 hours - \$1000 a course/\$150 a person**

**MHFA Youth (teachers/parents) – 2 days - \$2000 a course/ \$260 a person**

**MHFA Youth Refresher – 4 hours - \$1000 a course/ \$150 a person**

**E-Learning (5-7 hours), 2 zoom sessions @21/2 hours– maximum 12 participants – add GST to costs – includes manual**

**MHFA - Blended Online Workplace - \$2000 a course/ \$200 a person**

**MHFA - Blended Online Community - \$2000 a course/ \$200 a person**

**MHFA Refresher – 2 \*21/2 hour zoom sessions - \$1000 a course /\$150 a person**

## MENTAL HEALTH AWARENESS COURSES

Face to face or zoom – maximum 12 participants – add GST to costs – includes booklet

**1-hour seminar - \$500, 2-hour seminar - \$700, ½ day - \$1000, full day - \$2000**

These courses cover how to support someone with mental health issues and how to look after yourself.

What is mental illness?

What are the statistics around mental illness?

Are you OK? A 3-step process to support someone experiencing mental health issues, phrases to use.

Mental health issues – what are they?

Suicide prevention

What help is out there?

How to look after your own mental health

All our courses include case studies, discussion, engagement, videos to support the learning and make it more interactive.

We also deliver courses to teachers and parents focusing on how they can support students' mental well being

**NEW:** One hour talk on Coping with Anxiety.

**NEW:** Building Resilience to support your mental health – one hour up to one day



*“Margo’s wealth of experience and knowledge is evident with her kind and compassionate nature she makes a great facilitator”*

### **Our Goal**

Our goal is to get people in the workplace to be aware of what mental health is, how to see early warning signs in the themselves and/or others they work with, then to know what to do about it. Sometimes extra support is needed for people in the workplace to deal with the demands of their jobs.

### **Our Services**

Mental health Awareness provides informative and interactive training seminars and workshops to raise awareness of mental health issues in the corporate sector

### **Benefits of our Training**

**Small Group Training** – We specialise in small group training that targets the participants needs and requirements

**Expert Trainers** - All our courses have experienced trainers being accredited in the Mental Health First Aid Certificate

**Efficient Learning** – We tailor courses to meet the needs of our clients. This makes our training more efficient and to the point.

## **Mental Health Awareness**

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