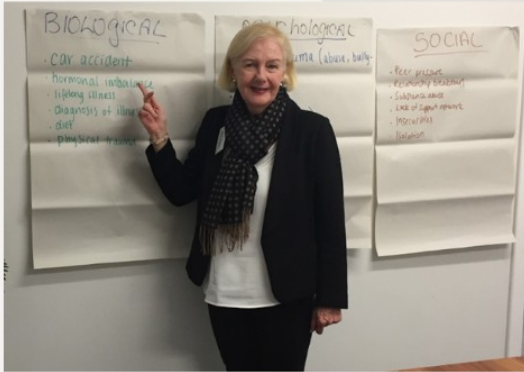


MENTAL HEALTH FIRST AID AND REFRESHER COURSES



Margo Blacklaw

Accredited Principal Master Trainer



Mental Health Courses

Manly Library



As a Mental Health First Aider YOU CAN HELP



Mental Health awareness

Take Your First Step

CONTACT

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Manly Library

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Mental Health First Aid

Courses Running at Manly Library



THE IMPORTANCE OF MENTAL HEALTH

Dates: 21/22 June, 19/20 July, 16/17 August, 20/21
September, 11/12 October, 8/9 November,
6/7 December

resher Dates: 30 June, 21 July, 22 September, 13
October, 10 November, 8 December

ARE YOU OKAY?

Each year **1 in 5 Australians** will experience a mental illness. Many people are not knowledgeable or confident to offer assistance.

This course will teach you what to do when someone tells you they are not okay.

"Your Mental Health is The Most Important"

These courses teach you to provide initial support to people experiencing mental health problems such as anxiety, panic, depression, psychosis, substance misuse, suicidal thoughts, and trauma.

Mental Health
Awareness



Mental Health problems covered: anxiety, depression, psychosis, and substance misuse.

Mental Health crises covered: suicidal thoughts and behaviours, panic attacks, traumatic events, severe psychotic states, severe effects from alcohol and drugs, and aggressive behaviour.

MARGO BLACKLAW

Margo is passionate about the area of mental health and the importance of intervening early to reduce the effects of mental illness. The more people know and are aware of mental illness the more positive people will be to help reduce the stigma of mental illness. She is the owner of Mental Health Awareness. Her goal is to inform people to know what mental health is and how we can see early warning signs in ourselves and others we associate with. Then to know what to do about it.



MENTAL HEALTH AWARENESS

Our goal is to get people in the workplace to be aware of what mental health is, how to see early warning signs in 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.

www.mhawareness.com.au

OUR SERVICE



We can come to your workplace

Mental Health Awareness provides informative and interactive training seminars and workshops to raise awareness of mental health issues.



We Travel Anywhere

We are all accredited with the Mental Health First Aid Certificate so we can deliver the 2 day course at your venue or on zoom.

MENTAL HEALTH MATTERS