



LET'S TALK: Educator Margo Blacklaw says education is vital when it comes to supporting people in the community with mental health issues.

Help with recognising those vital early signs

MENTAL HEALTH AWARENESS

We hear about mental health issues every day and are told that one in five people in Australia will experience mental health issues every year.

Margo Blacklaw of Mental Health Awareness says increasing numbers of people are experiencing panic attacks and depression or having thoughts of suicide or psychosis.

"Why? I'm not sure," Ms Blacklaw says. "But one thing I am sure about is we need to educate ourselves to support someone who is going through a very hard time."

"Mental health issues can't be swept under the carpet - they just don't fit. They need to be addressed as soon as possible or they can escalate. If someone is depressed for two weeks they need to go and see their GP and work out a plan."

Ms Blacklaw said society was always happy to ask 'how are you?' but when a person

says 'I'm not ok', many people have no idea what to do. "They feel scared and run for the hills," she said.

"This is why I set up my business, Mental Health Awareness, and this is why I became a Mental Health First Aid instructor so I could train people on supporting someone with mental health issues."

Her courses cover aspects like recognising the early warning signs and offer a formula for support.

"Listen, listen, listen is the key," Ms Blacklaw said. "Early intervention is crucial and the best protective factor anyone can have is support from family and friends. There are lots of resources out there so come and find out how you can help."

Register by emailing Margo Blacklaw at margo@mhawareness.com.au for an in-house course, your social group or your community group - or go to Manly Library.



Mental Health

FIRST AID COURSES RUNNING AT MANLY LIBRARY

2-day course: 9.30 am to 4 pm.
Refresher courses: 4 hours

The courses teach you to provide initial support to people experiencing mental health problems such as anxiety, depression, psychosis, alcohol/drug misuse, suicidal thoughts & trauma.

EMAIL MARGO@MHAWARENESS.COM.AU
TO REGISTER/ FOR MORE INFORMATION OR RING 044 899 1076 ;
WEBSITE: MHAWARENESS.COM.AU

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

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



FMB900635