



Aboriginal and Torres Strait Islander Mental Health First Aid Training Instructors: Beryl Garrard & Helen Turner

A Free Course

9.00am - 4.00pm

Conference Rooms, Aboriginal and Torres Strait Islander Community Health Service,
55 Annerley Road, Woolloongabba

What can the Aboriginal and Torres Strait Islander Mental Health First Aid for Course do for you?

Together with others you will learn:

- More about mental health, social and emotional wellbeing
- How to recognise the early signs of mental health problems and mental illness
- Some good ways to talk to someone you are worried about
- Discuss what happens when sadness and depression occurs in our community
- What to do if you are worried that someone might be suicidal or depressed
- Some new ways to help others such as family or community who are going through difficult times.

Course Content

The course covers helping people in mental health crisis situations and/or in the early stages of mental health problems. Participants will learn the **signs and symptoms** of these mental health problems, **where and how to get help** and **what sort of help** has been shown to be effective.

You will learn more about:

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|-----------------------------|-------------------------|--------------------------|
| • Suicidal behaviours | • Acute stress reaction | • Panic attacks |
| • Acute psychotic behaviour | • Depression | • Anxiety disorders |
| • Schizophrenia | • Bipolar disorder | • Substance use disorder |

Please Note: this course is not a therapy or support group.

Register your interest in attending this FREE training by completing this section and send to details below. You will then be contacted to confirm your booking.

Name: _____

Title & Organisation: _____

Phone Contact: _____

Email Address: _____