



Aspire to Succeed

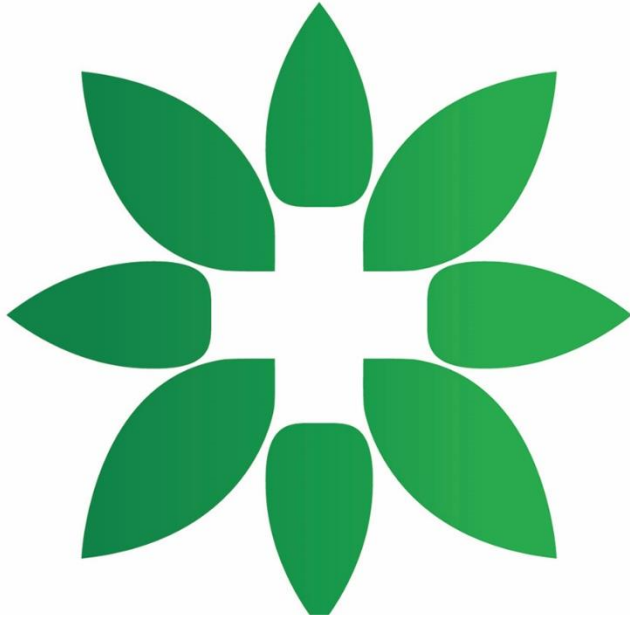
Nationally Recognised Training | RTO ID: 32555

CABOOLTURE OFFICE

52 KING STREET
CABOOLTURE QLD 4510
PH: (07) 5497 4009

MONDAY OR SATURDAY AND SUNDAY

MENTAL HEALTH FIRST AID



MENTAL HEALTH FIRST AID Australia

OVERVIEW

Learn about the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation. This is an education course, to learn how to give first aid to others, and is not a therapy or support group.

- Mental Health Problems covered - Depression and Anxiety / Psychosis / Substance use problems
- Mental Health Crisis Situations covered - Suicidal thoughts and behaviours / no - suicidal self-injury / Panic attacks / Traumatic events / Severe effects of drug and alcohol abuse / Severe psychotic states / Aggressive behaviours

2

DAY DELIVERY

DATES BEING DELIVERED

JANUARY - Coomera
(Wednesday 10th and Thursday 11th)

FEBRUARY - Caboolture
(Monday - 05th and 12th)

APRIL - Caboolture
(Saturday - 20th and Sunday 21st)

JUNE - Caboolture
(Monday - 03rd and 10th)

AUGUST - Caboolture
(Saturday - 03rd and Sunday 04th)

OCTOBER - Caboolture
(Monday - 28th and November 04th)

DECEMBER - Caboolture
(Saturday - 07th and Sunday 08th)

\$250 per attendee

How to Enquire or Enrol:

Visit www.aspiretosucceed.com.au and click "Enrol Now"
or "Contact Us" to send through an enquiry