



**MENTAL
HEALTH
FIRST AID**

**Help increase
knowledge and
supportive actions**

thoughts of suicide panic attacks traumatic stress depression

Mental Health First Aid Training

**Mental Health First Aid is an award winning training program
for organisations and individuals.**

Mental Health First Aid is the support given to someone developing a mental health condition or in a mental health crisis. This first aid is given until appropriate professional treatment is received or the crisis resolves.

This 12 hour MHFA course has proven effective in reducing the stigma of Mental Health. Participants will learn the signs and symptoms of mental health conditions, where and how to get help and what help has proven to be effective.

**Face to face delivery tailored to suit organisations or individuals in all
North Queensland regions.**

anxiety substance misuse aggressive behaviour psychotic disorders



**Supported Options
in Lifestyle and
Access Services Inc.**

Mental Health Recovery in Communities

For further information on the MHFA course
visit our website www.solas.org.au
or MHFA website at www.mhfa.com.au