

WHAT ARE MENTAL HEALTH PROBLEMS?

The most common and disabling mental health problems are depression, anxiety disorders and psychotic disorders.

Mental health problems are very common. In any one year, one in five Australians will experience a common mental health problem.

Many people experience a mental illness for a long time before they seek help. Furthermore, alcohol and other drug problems frequently occur with depression, anxiety and psychosis.

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid is the initial help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is sought or until the crisis resolves.

WHO CAN ATTEND THE COURSE?

These courses are only offered for people who live or work on the Central Coast. For information about other courses offered around Australia, please visit the web site: www.mhfa.com.au

Please note that the MHFA courses are not therapy or support groups. They are education courses to learn how to give first aid to others.

This course is not recommended for people presently experiencing mental health problems - just as general First Aid is not for people with a major physical injury.

COURSE CONTENT

The MHFA courses teach how to assist someone who is developing a mental health problem or in a mental health crisis.

Mental health problems covered are:

- Depression
- Anxiety
- Psychosis
- Substance Misuse
- Eating disorders (*Youth MHFA only*)

Crisis situations covered include:

- Suicidal thoughts & behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug misuse
- Aggressive behaviours

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 by research to be effective.

For more information about the courses visit: www.mhfa.com.au

COURSE FORMAT

Both the Adult MHFA Course and the Youth MHFA Course are usually run over two days.

Central Coast Local Health District runs these courses on a regular basis on the Central Coast. Contact **4320 3170** for course dates currently available.

If you have a minimum of 15 participants from your organisation that would like to attend a MHFA Course, we can run the course at your facility for your staff.

If run for your organisation the course can be run on two consecutive days or two separate days if this suits your organisation better.

COURSE BACKGROUND

The Mental Health First Aid Program was developed in 2001 by Betty Kitchener and Prof. Tony Jorm. The Program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours.

COST (AS AT 01/01/12)

Business/Government

\$60.00 per person
Course at own premises: \$900 (up to 15 people)

Community members

\$60.00 per person
Course at own premises: \$750 (up to 15 people)

CCLHD Staff

\$40.00 per person
Course at own premises: \$600 (up to 15 people)

Carers

\$20.00 per person

