

Mental Health First Aid.....FREE Workshop

Roma and Surrounding Maranoa Regional Communities

Who can attend a course?

Any interested adult can attend, though please note this course is not for adolescents to attend. This course is also not a therapy or support group, rather it is an education course to learn how to give mental health first aid to others.

Topics Covered:

Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Eating disorders

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

When: 7/8 June 2017

Where: Ernest Brock Room, Cultural Centre, Bungil Street, Roma. QLD. 4455.

Time: 9.00am – 4.00pm (both days)

Tea and coffee provided (Light refreshments provided,
BYO Snacks and water bottle)

RSVP: Samantha 0746242977 by 24 May 2017.

Email: TRAIC_SWHHS@health.qld.gov.au

Guest Speaker:

- Robert Neilsen, MHFA Facilitator, Lifeline, Darling Downs.

Organiser:

- Gavin Johannesen - CNC/ Regional Adversity Clinician, South West Hospital and Health Service.

Workshop features:

- Presentations and guidance from professional facilitators
- Access to support from a local community resource person (SWHHS Mental Health Regional Adversity Clinician)
- Powerful audio visual learning aids
- Interactive Learning facilitated by Accredited MHFA Instructor and supported by Healthcare Professionals.

A Community Initiative
Sponsored by South West Hospitals and Health Service