



# MENTAL HEALTH FIRST AID

Many people feel uncomfortable and unprepared when thinking about starting a conversation with someone they are concerned about. Learn how to provide mental health first aid to friends, family members, co-workers and other adults.

Our 2 day Mental Health First Aid course covers;

- How to provide initial support to someone who is experiencing a mental health problem or crisis.
- The signs and symptoms of common 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.
- How to provide first aid in a crisis situation

Participants must be over the age of 18 to enrol.



**MENTAL  
HEALTH  
FIRST AID**  
Australia

Accredited Instructor



PRESENTED BY OUR  
ACCREDITED MENTAL  
HEALTH FIRST AID  
INSTRUCTORS

Phone: (02) 4961 0016 Fax: (02) 4961 4007  
Email: [info@essentialskills.com.au](mailto:info@essentialskills.com.au)  
Web: [www.essentialskills.com.au](http://www.essentialskills.com.au)

# REGISTER NOW

Essential Skills Training and Recruitment (ESTR) reserves the right to cancel or postpone this workshop if the minimum number of registrations is not met. The information requested in this form will be used by ESTR for internal management purposes only. Full payment must be made on registration to secure your spot. Organisations will be issued with an invoice for payment, payment must be received within 14 days of the invoice being issued. Payment Methods: Credit Card payments can be made when registering by calling (02) 4961 0016. Organisations can refer to their invoice for alternative payment methods. *Cancellations and Refunds: If you withdraw within 3 days of the workshop no refund will be given. If you withdraw or swap dates prior to the 3 days your fee will be refunded or credited minus a 20% administration fee. If the course is cancelled by ESTR a full refund will be issued. A certificate of attendance will be issued from Mental Health First Aid Australia. Please allow 14 days after the workshop for your certificate of attendance to be emailed to you.*

## Register online or send your completed registration form to [info@essentialskills.com.au](mailto:info@essentialskills.com.au)

Please indicate the session date for this registration

**28th & 29th March 2022**

**19th & 20th May 2022**

**25th & 26th July 2022**

**29th and 30th September 2022**

**7th & 8th November 2022**

I/we would like to attend this session

I/we would like to attend this session

I/we would like to attend this session

I/we would like to attend this session

I/we would like to attend this session



**Duration: 2 Days**

**3 Warabrook Boulevard,  
WARABROOK NSW 2304**

**Cost: \$270** Inc GST

No. of Participants: \_\_\_\_\_

Total Cost: \$ \_\_\_\_\_

Participant/s Name, Phone no. & Email: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Facility / Organisation Name & Contact: \_\_\_\_\_

Address: \_\_\_\_\_

Phone & Email: \_\_\_\_\_

Please tick the relevant boxes below:

Please make the invoice out to my facility/organisation

I am paying for myself. Please make the invoice out to me.

Please tick if you wish to be added to the ESTR mailing list

Dietary Requirements: \_\_\_\_\_



*Changing Lives*

\*We reserve the right to cancel or postpone programs when minimum numbers are not met.

**Register Online**

<https://essentialskills.com.au/mental-health-first-aid/>

Essential Skills Training & Recruitment RTO ID: 91729

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W: [www.essentialskills.com.au](http://www.essentialskills.com.au)

V 1.0