

BECOME A MENTAL HEALTH FIRST AIDER

About Mental Health First Aid

Manningham City Council has partnered with Richmond Institute to deliver Mental Health First Aid training to volunteers of Manningham sport and recreation clubs.

The aim of this initiative is to build the capacity of volunteers through a recognised and accredited mental health first aid course, upskilling volunteers to recognise the signs and symptoms of someone who may be experiencing a mental health problem or crisis and learn the skills to confidently offer help and support.

This opportunity to open to 2 x people ONLY per club.

Become a Mental Health First Aider and Mental Health champion at your club.

Approximately 20% of Australian adults experience a common mental illness each year, however, many people feel uncomfortable and unprepared when thinking about starting a mental health conversation with someone they are concerned about.

Using practical, evidence-based action plan, mental health first aid (MHFA) courses equip people with the knowledge and skills to recognise the signs and symptoms of mental health problems and assist someone who is developing a mental health problem or experiencing a mental health crisis.

- **The Blended Face to Face course is made up of two components:**
 - **Component 1:** eLearning online modules (3-4 hours completed prior to workshop)
 - **Component 2:** Face-to-face workshop (4 hours)
- It is strongly encouraged to have completed Component 1 prior to the face-to-face session. The face-to-face session will present scenarios and activities so that MHFA course learning can be applied. Topics include:
 - *Mental Health in the Community*
 - *Anxiety*
 - *Depression*
 - *Psychosis*
 - *Substance use*

Book your face-to-face session now!

Register by emailing your name, number, club name and preferred date to rievents@richmondvc.com.au



“The Mental Health First Aid course was fantastic For me, very worthwhile. It helped me to understand specifically (my son) Wills’ issues, the bigger issues of the playing group and mental health generally.”

Neil Balme, Mental Health First Aider

Date	Venue	Time
Wednesday March 23	Mullum Mullum Stadium	6pm – 9:30pm
Wednesday April 6	Mullum Mullum Stadium	6pm – 9:30pm
Monday April 11	Mullum Mullum Stadium	6pm – 9:30pm
Monday May 2	Manningham Function Centre	6pm – 9:30pm
Wednesday May 11	TBC	6pm – 9:30pm
Wednesday May 18	Mullum Mullum Stadium	6pm – 9:30pm
Sunday May 22	Mullum Mullum Stadium	9am – 12:30pm
Wednesday June 1	Mullum Mullum Stadium	6pm – 9:30pm
Wednesday June 15	Mullum Mullum Stadium	6pm – 9:30pm



Supported and in partnership with Mental Health First Aid Australia



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