

Mental Health First Aid
REGISTRATION APPLICATION

Course Date:

Company:
Address:
Postcode:
Telephone:
Facsimile:
Names of person/s attending:
1.
2.

PAYMENT MADE BY:

Cheque (payable to Corporate Health Group)
(being \$ per person)
Total Amount: \$ _____

OR

Visa Mastercard Bankcard
Total Amount: \$ _____
(being \$ per person)
Card Number:.....
Expiry: /
Name:
Signature:

Please send payment with registration form to:

Corporate Health Group
PO Box 562
TORRENSVILLE SA 5031

Telephone: (08) 8354 9800
Facsimile: (08) 8443 7080

**DEPRESSION AFFECTS THE
WORKPLACE**

In Australia, depression cost \$2.5 billion per year in absenteeism and additionally more in impairment at work. Recognising and treating depression and other mental health problems in the workplace can reduce the likelihood of the condition becoming compensable.

WHO CAN ATTEND THE COURSE?

Any interested person can attend. However, this course is not recommended for people presently experiencing disabling mental health problems, just as general First Aid is not for people suffering a major injury.

COST

The cost of the course is \$330 per person
(GST Inclusive)
Tea, coffee & lunch are provided

Discounts apply for 2 or more bookings

Payment must be made prior to attendance

Any special requirements need to be discussed with the facilitator at the time of booking. Additional costs to accommodate special needs will be explained at that time.

For further information visit:
www.corporatehealthgroup.com.au



*A 12-hour course developed
to improve the
Mental Health literacy
of the community.*

Presented by



CORPORATE HEALTH GROUP

**Mental Health First Aid Instructors
Janet Denton
Sandra (Sam) Schirmer**

Held over two consecutive days,
9.30am – 4.30pm, in the
Corporate Health Group Board Room
55 Henley Beach Road, Mile End

Training Dates 2008

Thurs 28 & Fri 29 February
Wed 23 & Thurs 24 April
Thurs 26 & Fri 27 June
Thurs 28 & Fri 29 August
Thurs 9 & Fri 10 October

**For bookings contact Bookings Officer
Phone 08 8354 9800**

WHAT IS MENTAL HEALTH FIRST AID?

First Aid is the help given to an injured person before medical treatment can be obtained.

Mental Health First Aid is the initial help given to someone experiencing a mental health problem before professional help is sought.

WHY MENTAL HEALTH FIRST AID TRAINING?

There are many reasons why people need MHFA:

- Mental health problems are common
- There is a stigma associated with mental health problems
- Many people do not recognise mental health problems
- Professional help is not always available
- Many people do not know how to help.

COURSE CONTENT AND FORMAT

This is a 12 hour course (4 modules each of 3 hours). The delivery format is flexible and can be delivered onsite in workplaces or in community settings by prior arrangement.

The 12 hour course covers helping people in mental health crisis situation and/or in the early stages of mental health problems.

Crisis situations covered are:

- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental Health problems covered are:

- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder
- Substance Use Disorder

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.

ABOUT THE PROGRAM

The Mental Health First Aid Program was developed in 2001 at the Centre for Mental Health Research at the Australian National University by Betty Kitchener and Professor Tony Jorm. In 2005 the Program moved to ORYGEN Research Centre at the University of Melbourne.

The Program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in a workplace and a community setting.

The program has spread to every state and territory of Australia and internationally to Scotland, Hong Kong, Sri Lanka and the USA.

Award Winning Program

The Australian and New Zealand Mental Health Services Achievement Award 2003.

The Australian National University
Vice Chancellor's Award for
Community Outreach 2004.

THE FIVE STEP ACTION PLAN FOR MENTAL HEALTH FIRST AID:

1. **Assess** the risk of suicide or harm
2. **Listen** non-judgementally
3. **Give** reassurance and information
4. **Encourage** the person to get appropriate professional help
5. **Encourage** self-help

Mental Health First Aid course, presented by Corporate Health Group



Since 1976, Corporate Health Group has grown to become a leader in South Australia providing occupational risk management, injury management and health consultancy services. Delivery of the Mental Health First Aid course is one of the means by which we meet our vision of constant innovation and excellence in work related health services.

Our Mental Health First Aid facilitators are Janet Denton, Senior Health Promotion Consultant, and Sandra (Sam) Schirmer, Director of Clinical Services and Industrial Physiotherapist.

Other training courses provided by Corporate Health Group include Manual Handling and Workplace Education programs, such as general health and nutrition awareness, coping with stress, skin cancer screens, lifestyle seminars and health evaluations. Other training courses can be developed by negotiation with our Health Promotion team, phone 8354 9800.



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www.corporatehealthgroup.com.au