



CPC Consulting

Mental Health at Work

BECOME A MENTAL HEALTH FIRST AIDER

About 1 in 5 Australian adults experience a common mental illness each year. The cost of untreated mental illness in Australia was recently estimated to be \$500 million PER DAY. Mental Health First Aid will teach you practical skills to notice when someone might be struggling with a mental health problem, and to provide useful appropriate support even in crisis situations. You can make a real difference at work and in your personal life.

Benefits of Standard Mental Health First Aid Training

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions

CONFIDENCE

Increases confidence in providing first aid

DE-STIGMATISING

Decreases stigmatising attitudes

SUPPORT

Increases support provided to others



Learn practical first aid skills

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based action plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour education course, not a therapy or support group



About the Instructors

Instructors are all highly experienced, practicing psychologists with decades of experience in working with mental illness



Courses are certified by Mental Health First Aid Australia. All successful participants receive a certificate of competency.



For more information or to sign up

Phone CP Consulting on 8317 0444

E-mail info@cpc.com.au