



# MENTAL HEALTH TRAINING



For staff, volunteers and community members



## STANDARD MENTAL HEALTH FIRST AID

The 12-hour Standard Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to someone who is experiencing a mental health problem or crisis. Learn about 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, and how to provide first aid in a crisis situation.



## CONVERSATIONS ABOUT GAMBLING

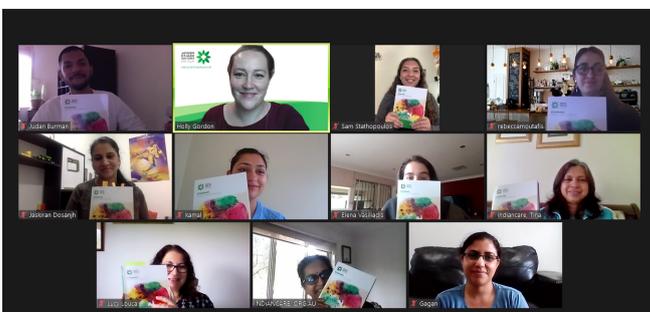
The 4-hour Mental Health First Aid Conversations about Gambling course teaches any adult (18 years and over) how to identify, approach and support someone experiencing gambling harm. Learn about the risk factors, signs, symptoms and motivations which may underpin gambling harm, how to approach someone about their gambling harm, how relapse might affect someone experiencing gambling harm, and how to manage your own self-care. Participants will also have the opportunity to practice these skills in a safe environment.



## BLENDED ONLINE MHFA COMMUNITY

You will learn about the signs and symptoms of common and disabling 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, and how to provide mental health first aid in a crisis situation using a practical, evidence-based action plan. 100% online in a blended format.

- Course Component 1 - A self-paced eLearning component (takes 5-7 hours to complete)
- Course Component 2 - An Instructor-led component using video conferencing (2 sessions of 2.5 hours each including set up time).



# WELLSPRINGS FOR WOMEN

Wellsprings  
for women



Instructor:  
Holly Gordon



MENTAL  
HEALTH  
FIRST AID  
Australia

Accredited Instructor

Evidence-based mental health education for grass roots workers and volunteers across our sector.

Wellsprings has Gold Standard MHFA Workplace recognition and Holly Gordon has been facilitating MHFA across the community sector in Victoria and ACT since 2015.



Testimonial:

"I feel very confident after finishing the course that I would react better to someone experiencing mental health issues. I especially feel more confident in areas that are very confronting like if someone is experiencing psychosis"



## STANDARD REFRESHER MENTAL HEALTH FIRST AID

The 4-hour refresher course allow people who have previously completed a Standard Mental Health First Aid course to refresh their knowledge and skills. The course also offers Accredited MHFAiders an opportunity to extend their accreditation for a further 3 years. Participants will gain an understanding of the latest research in the mental health field, learn the 3 key actions to help someone experiencing suicidal thoughts and behaviours, and work through complex mental health first aid interactions.

## Price:

**Wellsprings offers MHFA at a significantly reduced rate for staff and volunteers within the community sector, understanding that funding for professional development is limited in our sector.**

**Cost for course vary depending on delivery mode, location and number of participants. Contact us today to discuss your organisation's training needs and to receive an obligation-free quote.**

For more information, contact Holly Gordon  
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