



Accredited Instructor

MENTAL HEALTH FIRST AID TRAINING

Learn how to provide Mental Health First Aid (MHFA) to friends, family members, co-workers and other adults in your community.

www.outdoorsinc.org.au | (03) 9417 2111

SCAN ME

Scan the QR Code to see all of our upcoming online MHFA courses



STANDARD MENTAL HEALTH FIRST AID COURSE

The Standard Mental Health First Aid Course will teach you how to provide initial support to other adults who may be experiencing a mental health concern.

This internationally-recognised course developed by MHFA Australia will equip participants with the necessary skills, knowledge and confidence to respond to a peer in crisis or detect the early signs and symptoms of a mental health concern, including depression, anxiety, psychosis, substance abuse, panic attacks and more.



What is the format? This is a 12-hour course delivered during a 5-day holiday in Balnarring. Between training sessions, we will recharge with a range of fun activities as we explore this beautiful part of the world.



Course Fees: This training is a free component of our 5-day holiday in Balnarring between 7-11th Feb 2022. We also offer online MHFA courses for \$238. Visit our website or scan the QR code above to find out more.



Who can attend? All Out Doors Inc. participants aged 18+ who are interested in learning how to provide MHFA are eligible to express their interest.



How do I register my interest? Call us on (03) 9417 2111, email indoors@outdoors.org.au, or simply complete and return the attached EOI form.

Please Note: This is an educational course, not a therapy or support group.