

Mental Health First Aid

This 12 hour Mental Health First Aid course teaches adults (18 years and over) how to provide initial support to adults who are developing mental illness or experiencing a mental health crisis.

The course covers a number of topics including depression, anxiety, psychosis, substance misuse, suicidal behaviour and thoughts, panic attack, non suicidal self harm.

The course is run over two days, 6 hours per day, with all participants required to attend both days, and it open to anyone over the age of 18.

Next upcoming courses: please contact us for next course dates

Cost: \$165 plus GST

Venue: The South Australian Learning Centre
King George Ave, Brighton

To register: please call 08 8422 6530