



Rotary District 9800 Australian Rotary Health Committee Presents:

AN ONLINE BLENDED MENTAL HEALTH FIRST AID COURSE

Mental Health First Aid training was developed in Australia and is now in 25 countries, with over 4 million people trained worldwide. This is your opportunity to be taught by the co-founder and Rotarian, Betty Kitchener AM: <https://mhfa.com.au/instructor/135>.

WHY: One in every five Australians aged 16-85 experience a common mental illness in any year. COVID-19 has exacerbated the problem. Everyone in the community can play a role in early intervention to support a person developing a mental health problem or experiencing a mental health crisis. The knowledge and skills to provide initial assistance can be acquired by attending a Mental Health First Aid course.

WHAT: The Standard Mental Health First Aid course will be presented as a 12-hour blended course (6 hours online eLearning course in your own time and 6 hours online (2 X Zoom sessions with a Master MHFA Instructor). This course teaches the skills to help a person developing depression, troublesome anxiety, psychosis and substance use problems or a person who may be in a mental health crisis such as feeling suicidal or having a panic attack.

<https://mhfa.com.au/courses/public/types/standardedition4>

WHO: This Standard MHFA course is open to any adult but will be particularly relevant to members of service clubs and people working in human service roles.

WHERE: Online - this will be delivered as a blended eLearning program - Component 1 is an eLearning course (5-7 hours). Component 2 is conducted via Zoom in 2 X 3-hour sessions.

WHEN: *eLearning course:* In your own time between 27 August and 9th September
Zoom sessions: **Saturday, 10th & 17th September 2022 from 09:30am - 12:30pm**

FEE: A discounted rate of **\$200** per participant (50% of this will be donated by the MHFA Instructor to mental health research at Australian Rotary Health)

REGISTER: Register your interest before 23rd August 2022 as spaces limited to 12 people per course.

CONTACT PERSON: Dr Suresh Marcandan, D9800 Chair, Australian Rotary Health Committee
(suresh@stellamarisinternational.com) / **0448 838 838**

On completion of this course, you will be issued with a Certificate of Completion, or you can progress to an online exam to gain a 3-year Accredited Mental Health First Aider Certificate.